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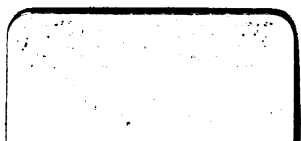
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# **THE KINGSWOOD COOKERY BOOK**



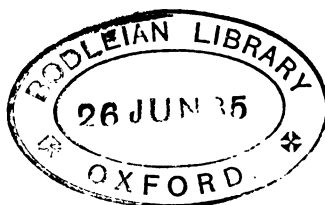
THE KINGSWOOD  
COOKERY BOOK

BY  
H. F. WICKEN

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## PREFACE.

IN sending this little book out into the world, I must apologise for adding one more to the vast number which have already been published. I have written it with great pleasure, at the request of many ladies who have attended my demonstrations. I have tried to make all my instructions and recipes as plain and simple as possible, so that the youngest student cannot fail to understand them.

The art of good cooking (if I may call it so) is so absolutely necessary to the comfort and well-being of all classes of the community, that I think its value cannot be over-estimated. A dinner well cooked promotes digestion, and conduces to contentment and happiness. I hope that the day is not far distant when cookery will form an important item in the education of our girls. The pleasure and gratification (to say nothing of the utility) of being able to place on the table a dinner prepared and cooked, if necessary, by her own hands, is so great, that no English woman can realise, unless she has experienced it, and having once felt it would, I am sure, be willing to give up a small portion of her time to acquire a knowledge which would prove so pleasant and profitable to herself and her household. Cooking can be accomplished with so much

ease and dexterity, if a few simple rules are mastered at the commencement ; it is astonishing how quickly food can be prepared, when a method and rule are established. I would advise students to give up guessing, and weigh everything ; by doing this the exact proportion is obtained : guessing is always unsatisfactory, and the different ingredients are almost sure to be out of proportion. If a thing is worth doing at all, it is surely worth doing well. I would urge my readers not to attempt too much at first, begin with a few simple dishes, and if they do not turn out well the first time, make them over again ; a satisfactory result will soon be obtained. The recipes I have given have all been well tested ; they are simple and inexpensive of their kind : it is easy to make them richer by adding more eggs and milk or cream, as the case may be. I have striven to give dishes which may prove useful to give variety (which is a great charm to our daily table). I will close these few remarks with the earnest wish, that what I have written may prove useful and beneficial to the Women of England, to whom I dedicate my book.

KINGSWOOD.

*January 20th, 1885.*

# CONTENTS.

	PAGE		PAGE
Soups and Purées ...	1	Oysters Superbe ...	31
Boiling and Stewing ...	2	Lobster Cutlets ...	31
Roasting ...	3	Kromeskis of Lobster ...	32
Braising ...	3	Boiled Mutton ...	32
Tea-Cakes and Scones ...	4	Boiled Fowl and Egg Sauce ...	33
Invalid Cookery ...	4	Rolled Mutton ...	33
Cold Meat ...	5	Galantine of Turkey ...	34
Puddings ...	6	Savoury Luncheon Dish ...	35
Omelettes and Soufflés ...	7		
Pastry ...	8	<b>BRAISING.</b>	
Vegetables ...	9	Braised Veal ...	36
Jellies and Creams ...	10	Braised Fowl ...	37
Fish ...	11	Braised Partridges ...	37
		Braised Fillets of Veal ...	38
<b>SOUPS.</b>		<b>STEW.</b>	
Very Good Stock ...	13	Haricot Mutton ...	39
Second Stock ...	13	Scotch Collops ...	40
Clear Soup ...	14	Stewed Steak ...	40
Macaroni Soup ...	15	Leg of Beef Stew ...	41
Haricot Purée ...	15	Brazilian Stew ...	41
Bonne Femme Soup ...	16	Irish Stew with Oysters ...	42
Vegetable Purée ...	16	Boone's Stew ...	42
Tapioca Cream ...	17		
Potato Purée ...	17	<b>VEGETABLES.</b>	
Vegetable Soup ...	18	Croquettes of Potatoes ...	43
Semolina Soup ...	18	Potato Chips ...	43
Purée of Rabbit ...	19	Potatoes à la Duchesse ...	44
Mulligatawny Soup ...	19	Tomatoes Stuffed ...	44
Kingswood Soup ...	20	Cauliflower au Gratin ...	45
Purée of Green Peas ...	21	Turnips Stewed in Stock ...	45
Tomato Soup ...	21	Stewed Carrots ...	45
<b>FISH.</b>		<b>COLD MEAT.</b>	
Maitre d'Hôtel Soles ...	22	Shepherd's Pie ...	46
Sole à la Cardinal ...	23	Rissoles ...	46
Boudins of Whiting ...	23	Croquettes of Cold Meat ...	47
Boiled Sole ...	24	Dry Curry ...	47
Collared Eels ...	24	Savoury Hash and Savoury Mutton ...	48
Fish Cakes ...	25	Boudinnettes of Meat ...	49
Potted Fish ...	25	Mince ...	49
Potted Bloaters ...	26	Curry of Cold Meat ...	50
Sole au Gratin ...	26	Gâteau of Cold Meat ...	50
Kedgerie ...	27		
Curried Cod ...	27	<b>PUDDINGS AND PIES.</b>	
<b>SAVOURY DISHES OF MEAT</b>		Semolina Pudding ...	51
<b>AND POULTRY.</b>		College Pudding ...	51
Croquettes of Chicken ...	28	Queen of Puddings ...	52
Fillets of Beef à la Béarnaise ...	29	Bread and Butter Pudding ...	52
Rhode Island Chicken ...	29	Rice Meringues ...	53
Fillets of Beef à la Française ...	30	Bread and Fruit Pudding ...	53
Sweetbreads with Spinach ...	30	Bread Pudding ...	53
		Douglas Pudding ...	54

	PAGE		PAGE
Savoury Pudding ... ..	54	Shortbread ... ..	77
Cape Pudding ... ..	55	Rice Buns ... ..	78
Diplomatic Pudding ... ..	55	Milk Rolls ... ..	78
Cheesecake Pudding ... ..	56	Vienna Bread ... ..	79
Potato Pie ... ..	56	Oatmeal Biscuits ... ..	79
Raised Pork Pie ... ..	56	Kingswood Cakes ... ..	80
Veal and Ham Pie ... ..	57	Yorkshire Tea-Cakes ... ..	80
Beefsteak and Kidney Pie ... ..	57	Scones ... ..	81
Kingswood Pudding ... ..	58	Tipsy Cake... ..	81
Cassel Pudding ... ..	58	Biscuits ... ..	82
Apple Pudding ... ..	59	Corn-flour Buns ... ..	82
Tadworth Pudding ... ..	59	Gingerbread Cake... ..	82
Marmalade Pudding ... ..	59	Shrewsbury Cakes... ..	83
		Sultana Cakes ... ..	83
<b>PASTRY.</b>		<b>SAVOIRES.</b>	
General Crust ... ..	60	D'Artois Parmesan ... ..	84
Puff Pastry ... ..	60	Sardine Toast ... ..	84
Rough Puff Pastry... ..	61	Anchovy Toast ... ..	84
Short Crust... ..	62	Stuffed Eggs ... ..	85
Genoese Pastry ... ..	62	Potted Eggs ... ..	85
Swiss Roll ... ..	63	Potted Meat ... ..	85
Chantilly Tartlets ... ..	63	Eggs à l'Aurora ... ..	86
Lemon Cheesecakes ... ..	64	Savoury Toast ... ..	86
Plain Cheesecakes... ..	64		
<b>OMELETES AND SOUFFLÉES.</b>		<b>SAUCES.</b>	
Sweet Omelette ... ..	65	Apricot Sauce ... ..	87
Savoury Omelette ... ..	65	Wine Sauce ... ..	87
Rice Soufflée ... ..	66	German Wine Sauce ... ..	88
Vanilla Soufflée ... ..	66	Mayonnaise Sauce... ..	88
Cheese Soufflée ... ..	67	Bread Sauce ... ..	88
Apricot Soufflée ... ..	67	Parsley and Butter Sauce... ..	88
Pineapple Soufflée... ..	68	Good Brown Sauce ... ..	89
Apple Soufflée ... ..	69	Brown Sauce ... ..	89
		White Sauce ... ..	90
<b>JELLIES AND CREAMS.</b>		Melted Butter ... ..	90
Bavarais of Coffee... ..	70	Piquante Sauce ... ..	90
Corn-flour Blancmange ... ..	70		
Gâteau of Apricots ... ..	71	<b>ODDS AND ENDS.</b>	
Vanilla Cream ... ..	71	Fried Bread ... ..	91
Velvet Cream ... ..	71	Boiled Rice ... ..	91
Lemon Jelly ... ..	72	Boiled Custard ... ..	92
Port Wine Jelly ... ..	72	Savoury Custard ... ..	92
Princess Jelly ... ..	72	To Boil Eggs Hard ... ..	92
Charlotte Russe ... ..	73	Veal Seasoning ... ..	93
Aspic Jelly ... ..	73	German Paste ... ..	93
Blancmange ... ..	74	Salad Dressing ... ..	93
		Maître d'Hôtel Butter ... ..	94
<b>BREAD AND CAKES.</b>		Apple Water ... ..	94
Sponge Cakes ... ..	75	Corn-flour ... ..	94
Cup Cake ... ..	75	Gruel ... ..	94
Ginger Cake ... ..	76	Beef Tea ... ..	95
Queen Cakes ... ..	76	Refreshing Drink ... ..	95
Sultana Scones ... ..	77	Raw Beef Tea ... ..	95
Hot Tea-Cakes ... ..	77	Mutton Broth ... ..	96

# THE KINGSWOOD COOKERY BOOK.

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## SOUPS AND PURÉES.

The first subject that I wish to speak to you on is Soups and Purées. I do not think in ordinary English households that importance enough is attached to soup as a food. In the winter time a plateful of warm soup stimulates the digestion, and is quite an appetiser for the dinner ; and in summer time, even in very hot weather, one would scarcely believe until one had tried it, how refreshing a plateful of soup just warm is, when one feels quite exhausted by the heat. Now in an ordinary way expensive soups are not necessary, and when two or three joints are had in the course of the week, soup sufficient for three or four persons every day may be had without buying any soup meat. Bones contain a large quantity of gelatine ; long boiling only will extract this. A stock-pot is absolutely necessary ; this should be placed on in the morning (I need hardly say perfectly clean). The bones broken up of all joints, with the trimmings and pieces of gristle, should be put into this saucepan and well covered with water ; one or two onions stuck with cloves, some peppercorns, a carrot and turnip and some salt. This should be allowed to boil several hours. It may be strained and stood by for use the next day ; when the fat has been well removed you have the foundation of

any sort of soup. The bones and head of a rabbit, chicken bones, etc., make beautiful stock. The liquor in which a joint of meat has been boiled must all be saved and turned to account. Soups should be just thick enough to coat the spoon. I don't like flour for thickening soups; rice, crushed tapioca, or semolina are much better. Purées are much thicker than soups. Purées should never be allowed to boil when put back in the saucepan after being rubbed through the sieve, they must just come to the boil and no more. Both soups and purées should be served very hot, lukewarm soup is very disagreeable, and to ensure them being hot when in the soup plate, they should be turned boiling into a warm tureen. In concluding these remarks, I would insist upon the necessity of extreme cleanliness in saucepans and all cooking utensils. They should be filled with cold water directly the food prepared in them is served; never allow them to be put away dirty. The remains of the food are so hard to remove if left on for some time; not only does it spoil the taste of the dish next prepared, but it is injurious to health.

### BOILING AND STEWING.

Boiling and stewing are two different operations, and I think there is not distinction enough made between them. For boiling we require a very clean saucepan, plenty of pure water, and a steady heat to keep the water about the same temperature. To boil meat perfectly it should be put into hot water, and allowed to come quickly to the boil; the pot should then be well skimmed. Salt and vegetables should then be put in, and when it has boiled up again, it should again be skimmed, and then drawn back from the fire to a cooler place where it will keep steadily simmering but will not boil violently; quick boiling only hardens the meat, and makes it tough and stringy. The rule of twenty minutes to the pound is a good one, but very much depends on the size and shape of the joint; experience alone will teach a cook just how long to allow any particular joint.

Stewing cannot be conducted too slowly. Very little water should be used, as the meat must cook in its own juices. The meat should be put into hot water, and brought quickly to the boil, and drawn back immediately—a few minutes' fast boiling will quite spoil a stew. When it has been brought to boiling point, the scum should be taken off, vegetables and seasoning added, and stood where it will only just simmer very gently. Allow it half as long again as boiling time. If cooked in this way the meat will be tender and the gravy delicious. I have heard people say, "Curries are so quickly made." That is quite a mistake: curries should be allowed quite as long as stews, if you would have them in perfection.

### ROASTING.

To roast meat nicely in a gas or kitchener oven you must get the oven thoroughly hot, and allow it to remain at the same temperature for ten minutes after you have put in the joint; then reduce the heat, and cook slowly. In this way the juices of the meat remain in the joint. Always hang a joint in the oven if possible; it will be much nicer than if cooked on the shelf. It should be basted while cooking. The time usually allowed is fifteen minutes to every pound; but in gas ovens, five pounds will cook in the hour. When the meat is ready to be taken up, warm a little gravy from the stock-pot to pour round the joint; the gravy from the dripping-pan pour into a basin with the dripping—if served with the meat it is always greasy; but when the dripping is cold, remove it, and the gravy is then excellent for mince or stew.

### BRAISING.

Braising is stewing in stock. The heat must come from above as well as below. If you are cooking by a fire, place some hot cinders on the lid of the braising

pot, which should have a flat, close-fitting lid. If you are cooking by gas, place the braising-pan inside the oven, shut the door, and keep the oven at a moderate heat all the time the meat is cooking. Braised meat or poultry is a very savoury dish. Care should be taken to have a nicely flavoured stock, plenty of fresh vegetables, and allow the meat to cook slowly.

The recipe for braised veal is especially good.

All kinds of poultry, game, and meat are good braised ; fillets of veal and fillets of beef larded and carefully braised are an exceedingly nice dish.

### TEA-CAKES AND SCONES.

I only write a few words on this subject, and give a few recipes which have been well tried and approved. I can especially recommend the Yorkshire tea-cakes. They are easily made, and I have never known them fail to please. Always sift the flour, for two reasons. You have it then so light in the basin to work upon, and there is no fear of finding little hard knots in the cakes, which you often see in flour. Be careful, too, that the eggs are quite fresh. Nothing is more unpleasant than a stale or musty egg, and one such egg will spoil a whole batch of cakes.

### INVALID COOKERY.

It falls to the lot of most women, at one time or another, to prepare food for an invalid. There are a few simple rules to be observed when called upon to do so. All food must be of a nutritious character, and should be made to look as tempting as possible. Beef tea is generally the first thing called for, and I shudder when I think of the wretched stuff which has been brought to me and called beef tea. The recipe which I have written, was given to me by a physician, and I have found it answer admirably. The beef when strained away, is quite hard and white,



because all the nourishment has been extracted ; it is always better to make it the day before it is wanted, the fat can be removed so much better when it is cold. In severe cases of fever, etc., raw beef tea is often ordered. I have given a recipe for this : if the patient is conscious, it is better to put it into a covered cup or boat, as it does not look nice. All milk puddings are much lighter if the whites of the eggs are beaten separately, and added just before the pudding is put into the oven. There is not much nourishment in arrowroot and corn-flour puddings ; semolina and macaroni are much better, the others should only be given when a change is desired. Boiled sole or boudins of whiting are very nice dishes for an invalid, and whiting are the least oily and most digestible of all fish, and therefore especially suited for a sick room. All the common sorts of fish contain the most nourishment, such as fresh haddocks and herrings, but herrings are so oily that they cannot often be given. Rabbits, too, form a pleasant and agreeable change in the bill of fare. A chicken cut in half and cooked in two different ways makes two nice dishes, and gives variety roasted one day with simple brown gravy, and boiled the next with a good white sauce poured over. If the chicken is boiled in a small quantity of water, and this liquor is reduced, then allowed to stand until cold, and all fat removed ; served with rice or macaroni, this makes a nice supper or luncheon dish. In conclusion, remember to have everything very hot and well cooked, and served in a tasty appetising manner, and exactly at the time it is expected ; nothing is more trying to an invalid than waiting for a meal, the appetite often vanishes if the food is waited for.

### COLD MEAT.

The great cold meat question is such an important one to housekeepers, that I feel sure a few recipes on this head will be acceptable. So many nice tasty dishes may be made with the remains of a cold joint, if one knows just the right way to prepare them. Many people say that

meat re-cooked is always tough ; but it need not be if it is carefully dressed. Hash or mince should never be allowed to boil. Never use sauces of any kind in the preparation of gravies ; these can always be added at table. Many people, to hide bad cooking, put in a large quantity of sauce ; in fact, you can taste nothing else. Gravies should be nicely seasoned and carefully prepared. Fry the onion and vegetables brown in a little butter ; if after that your gravy is not dark enough in colour, put in a small piece of a French pastille. These can be bought in tins at a small cost, and are very useful. Use plenty of fresh vegetables for flavouring the gravy, and corn-flour to thicken it. If rissoles, croquettes, or boudinettes of meat are required for breakfast, they may be prepared the day before ; egg and bread-crumbs them thoroughly, put them in a cool place. They can be fried in hot fat in a few minutes in the morning. A raised pie made of cold meat is a very nice dish, and is an elegant way of serving cold meat. It must be well seasoned.

### PUDDINGS.

There is such a variety of puddings made in so many different ways, that I can make but a few general remarks upon them. For all sorts of boiled puddings the mould must be quite full, or the water will settle on the top of the pudding and cause it to become sodden. Should the pudding mixture not quite fill the mould in which you wish to boil it, place a few crusts of bread on the top ; these will absorb the water and prevent the pudding being heavy ; they are easily removed when it is dished up. Pudding cloths should be dipped in boiling water and placed over the pudding quite wet. Be sure that the water boils before the pudding is put in, and keep it boiling the whole time of cooking. When the pudding is cooked enough, take it out of the saucepan, take off the cloth, then let it stand for a minute or two. The steam will draw the pudding from the sides of the mould

and it will be much easier to turn out. Take a hot dish, place it on the top of the mould, and turn the pudding up; if the mould has been well greased the pudding will turn out directly.

Baked milk puddings should not be placed in a very hot oven; they should be cooked slowly. Always be careful that the eggs are perfectly fresh; break each one separately into a cup, for one musty egg will spoil the dish. Always strain the eggs for custard puddings; be careful too that the milk is fresh and sweet.

In mixing puddings of any kind, mix each ingredient as you add it; in this way you can mix more thoroughly than if you leave it all to the last. Puddings made with suet require boiling for a long time. Boiled puddings should be well covered with water, and more water added as it boils away. Steamed puddings should be covered with a piece of kitchen paper well greased, and the water in the saucepan should not boil too fast, and not reach more than halfway up the mould.

## OMELETTES AND SOUFFLÉES.

The principles of making omelettes and soufflés is so easy and simple that it has always been a puzzle to me that not one cook in fifty can send up either fit to be eaten. The great point to be considered is lightness. To ensure this the eggs must be fresh, and well beaten; the whites must be whipped very stiff indeed. Remember to have everything very clean and cold. Never attempt to whip eggs in a basin or plate which has just been washed up. If only two whites are required, take a large plate and a long thin knife; add either a little salt, or a little sugar. This will make it easier to whip. A special pan should be kept for omelettes, and it should be used for nothing else. The oftener it is used the better it will be. Never begin to cook an omelette until it is waited for; it must be served instantly it is cooked, and very hot, to be thoroughly enjoyed. A most delicious and exquisite dish

may be made with only eggs, butter, and sugar, which articles are nearly always available. No pains should be spared in the preparation of this delicacy. The recipes are most simple, and will, if carried out, give satisfaction.

Soufflées are also a most delicious dish, and easily prepared when the principle is mastered. The foundation is always the same, but variety may be obtained by using different flavourings, such as apricot, vanilla, strawberry, etc. Always put in one more white than yolk of egg, and the great point to be remembered is to whip the whites very stiff, and steam very steadily, and also to serve instantly. If soufflées are made for a dinner party it is well always to have something to fall back upon, for if the dinner is delayed the soufflée will be spoilt. They must be timed for exactly the hour at which they are to be served, and must on no account be allowed to stand about. The lighter the soufflée is the quicker it will fall. They are a most light and wholesome dish for invalids, and will be fully appreciated if the following recipes are carried out.

### PASTRY.

In making pastry there are a few rules which must always be observed. For best pastry the best flour must be used, but as it does not contain so much nourishment as the commoner sorts of flour, I would recommend that for every-day pastry household flour should be substituted, and the best pastry whites only used when puff pastry is to be made. Always sift the flour into the basin; you will often find little hard knots in the flour which would not be nice in the pastry; and then again, if the flour is sifted you have it so much lighter in the basin to work upon. Rub the butter or lard into the flour thoroughly but very lightly with the fingers, not with the palms of the hands, as they are always warmer, and pastry must be kept as cool as possible, and for that reason never use a basin or plate that has just been washed up in warm water. Always allow half a pint of water to every pound of flour. If

the flour is very good and old you will require a little more, but never use less. Keep the paste about the consistency you want it to be ; don't make it too stiff ; roll it very lightly always one way, and only have enough flour on the board to prevent it from sticking. A very hot oven is required for puff pastry, or it will not rise, however carefully it is prepared. Meat and other pies will require a long time to cook ; put them into the hottest part of the oven first of all, and then remove to a cooler part, to cook slowly when the crust has risen.

### VEGETABLES.

The general rule for cooking green vegetables is to plunge them into plenty of boiling water which has been well salted and a very small piece of washing soda added ; replace the lid until they come to the boil ; then well skim the pot, and allow it to remain uncovered until the vegetable is cooked, pressing it down well into the water from time to time. Spinach is the only vegetable that should be boiled in a small quantity of water. Peas are better put on in cold water, with a little sugar, and left uncovered.

It is rather a difficult matter to give any rule for boiling potatoes ; there are so many different varieties, and they must be boiled in various ways. Old potatoes should be put into cold water, new ones into boiling water ; some potatoes will only bear boiling ten minutes, and must then be finished in the steam ; but as a rule it is the best plan to boil them until the fork will go through easily, then strain the water from them, cover them with a clean cloth, and allow them to remain until perfectly dry. Some potatoes will steam much better than they will boil ; but they take much longer to cook in this way. If a pretty dish of potatoes is desired, potato croquettes might be made ; they are very simple, and never fail to give satisfaction if nicely fried. If we consider what an important dish potatoes are, I am sure that we shall feel no pains ought to be spared in the

cooking of this dish ; and yet how few cooks there are that can send up a dish of potatoes really well boiled. To cook potatoes and boil eggs are supposed to be two of the simplest of all operations, and yet how few can achieve the desired result !

Vegetables, especially in the summer time, should form a very important item in our diet. They contain a great deal of potash, which is very beneficial to the blood. Well cooked fruit and vegetables should be freely partaken of in warm weather.

The recipes which I give are very simple and easily carried out.

### JELLIES AND CREAMS.

Jellies and creams are considered by many cooks very difficult dishes, but I think them very easy and simple, and if the following directions are faithfully carried out I trust that all my readers will think so too. The first thing we want is a very clean saucepan. One should be kept for jelly and used for nothing else. For a strainer, take an ordinary kitchen tea-cloth ; jelly-bags are very troublesome things, they very soon harden, and are difficult things to keep clean. On the other hand, a tea-cloth is easily washed, and makes a most effectual strainer. If you have not a jelly stand, turn a chair upside down on the table, and tie the cloth firmly over the four legs with some string. When the jelly is ready to strain, pour some boiling water through the cloth, and have two basins ready. The basins should be large enough just to slip easily in and out. When the jelly is poured through the cloth, remove the basin, and replace with the other one, and pour the little that has run through back into the strainer, as that will not be quite clear. It will only be necessary then to strain the jelly once, unless a very brilliant jelly is desired. Do not hurry the jelly. Place the strainer in a moderately warm place, out of the way, and let it take its own time to drop through. There is one thing that must be always remembered in making jelly, and that is to have no flour about ; the least

bit of flour will effectually cloud it, and no amount of straining will clear it. See, therefore, that tables, hands, apron, etc., are all free from flour. There is one other very important thing to remember, and that is do not whisk the contents of the saucepan when the jelly is on the fire, after it boils. It is much better to leave off whisking too soon, than to whisk too long. Directly it seems inclined to boil, take the whisk out, and let it have a good boil up. Then draw it away from the fire, where it does not boil, and yet will keep warm, and allow it to remain perfectly still for twenty or thirty minutes. Always use the best French gelatine for both jellies and creams. When you are making creams, remember to have everything very clean and cold. Use thick, sound cream, and whip it one way until it becomes a stiff froth. A little castor-sugar will help it rise. Mix the cream thoroughly with whatever flavouring is used, or the cream will look streaky. If these directions are carefully read and attended to there will be no fear of failure.

### FISH.

For frying fish I always recommend that it shall be fried in the French fashion, viz., in a deep kettle with a large quantity of oil. Fish if properly fried like this is not at all greasy, and is far nicer than if fried in the frying-pan; and there is another recommendation, it is so much easier, and more economical. There is a great deal to be learnt before one can fry really well. The fish must be perfectly dry; to ensure this, wash it, and dry for a few minutes in a cloth, then mix some flour with salt and pepper on a plate and quickly cover well each fish, beat up an egg with a little water and  $\frac{1}{2}$  oz. of dissolved butter, take the fish at once out of the flour and dip it in the egg; be sure to cover every part, then well smother in dry bread-crumbs; use plenty of crumbs and cover the fish thoroughly; before touching it with the hand, shake off all the loose crumbs and it will be ready for frying; it may either be fried immediately or laid by for an hour or two. Now

about the frying fat: use either cotton-seed oil or lard; if oil, put at least  $\frac{1}{2}$  gallon into a deep frying kettle, or 2 or 3 lbs. lard if that is to be used.

The temperature must rise to  $385^{\circ}$  before you put the fish in, upon this depends whether the fish eats fresh and crisp, or greasy and sodden. If you have no thermometer you must judge when it is hot enough: you can do this by observing when the fat is still, and the smoke drawing to the side of the kettle. It is a great mistake to say that fat must boil, it will not do that until the heat rises to 600 or  $700^{\circ}$ , and if the fish is put in then, it would become black in a minute. Do not put the slice in for a minute or two, as that cools the fat; no turning is required, but with the slice keep the fish well under the fat; it will be cooked in a very few minutes if the fat is hot enough. Take it out, and drain on a piece of kitchen paper for a few minutes before serving. After using the oil or fat, it must be strained through an old but sound hair sieve, as some of the loose crumbs are sure to remain in it, and these would burn and spoil the next dish. The same fat may be used for a long time; when it has lost its virtue, you will find that it will bubble up in the kettle like soap-suds; it must then be thrown away. If these directions are carried out, perfection will be the result.



## SOUPS.

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### VERY GOOD STOCK.

Seven pounds of shin beef, or  
Four pounds of beef and three pounds of veal.  
Eight pints of water.  
Twenty peppercorns.  
Two onions.  
One carrot.  
Six cloves.  
Salt.  
One bouquet garni.

Cut the meat into small pieces, break up the bone and take out the marrow; cut all the skin and gristle away, that will do for the second stock. Put the water into a very clean saucepan, add the meat cut up, the bones and vegetables, let it come gradually to the boil, then skim well, add the peppercorns and salt; let this all boil steadily for five hours, skimming it from time to time; strain it through a kitchen cloth, and let it stand until the next day; then remove all the fat, and it is ready for use. This is very good stock for clear and other rich soups.

### SECOND STOCK.

The bones and trimmings of joints and poultry or rabbits, the meat from the first or best stock, or bones may be bought at the butcher's and broken up small; these

should all be put into a clean saucepan, well covered with cold water; put in some peppercorns, one or two cloves, two onions, one carrot, a little celery, and bouquet garni. Let all simmer together for several hours, strain and stand by till the next day.

### CLEAR SOUP.

Three pints of best stock.  
One pound of lean steak.  
Two carrots.  
One small onion.  
Six cloves.  
Six peppercorns.  
Two eggs.  
Salt.  
One bouquet garni.

Put the stock in a clean stewpan; scrape the beef, or put it twice through a sausage-machine, and add that; stick the cloves in the onion, and put them in whole with the peppercorns, bouquet garni, salt, and the whites and shells of two eggs. Stand the stewpan over the fire, and whisk gently until it is just on the boil (but be sure not to whisk after it boils); let it simmer gently for ten minutes, and then draw it on one side and let it stand half-an-hour where it will keep quite hot. Place a kitchen cloth on the jelly stand, or tie it over a chair turned upside down; run some boiling water through the cloth; when the soup is ready strain it through the cloth. Have ready two basins; when you have all the contents in the cloth, remove the first basin, as the first few drops will not be clear; pour this slowly over the meat in the cloth; the beef settles at the bottom, and acts as a filter; the soup, as a rule, will only require straining once. If a brilliant soup is desired, it may be strained twice. Make it hot in a clean saucepan; have some tarragon leaves in the tureen, and pour the hot soup on to them.

**MACARONI SOUP.**

Two ounces of macaroni.  
Three pints of stock.  
Two onions.  
One carrot.  
A half turnip.  
One bouquet garni.  
Six peppercorns.  
Salt.  
One ounce of butter.  
Half-ounce of corn-flour.

Fry the onion, carrot, turnip, and peppercorns in the butter; mix the corn-flour with a little cold water to a smooth paste, and add that when the vegetables are brown; put in the stock and simmer for half-an-hour, and strain into a clean saucepan. Boil the macaroni in salt and water until tender, then cut it into pieces one inch in length; add it to the soup, and simmer for five minutes. It is then ready for serving.

**HARICOT PURÉE.**

One pint of haricot beans.  
One onion.  
One pint of milk.  
Pepper and salt.

Soak the haricots all night, and boil them with the onion for three hours in two quarts of water, then rub them through a sieve, put them back into a clean saucepan; season nicely with white pepper and salt; add the milk, and stir until thoroughly hot, but do not let it boil. It is then ready for serving.

**BONNE FEMME SOUP.**

Three pints of white stock.  
One lettuce.  
Half a cucumber.  
Two ounces of butter.  
Four sprigs of tarragon.  
Yolks of four eggs.  
One gill of cream.  
Four sprigs of chervil.  
One salt-spoonful of sugar.

Wash all the vegetables and herbs, and shred them finely; put the butter into a stewpan and sweat the vegetables and herbs in it for five minutes, sprinkling over them the salt and sugar; put the stock on, and when it is boiling pour it on the vegetables, etc., and boil gently for ten minutes, or until the vegetables are tender. Put the yolks of the eggs in a basin, and beat them with the cream or milk; strain these into the soup and let all get thoroughly hot, but do not let it boil or the eggs will curdle. As soon as the eggs thicken, the soup is ready. Fried or toasted bread may be served with this; cut the bread into fancy shapes.

**VEGETABLE PURÉE.**

Three carrots.  
One turnip.  
Half a head of celery.  
Two onions.  
One small cabbage,  
Ten peppercorns.  
Half-pint of green peas.  
Two ounces of butter.  
One sprig of parsley.  
Six spinach leaves.  
Salt.  
Two-and-a-half quarts of water.

Cut all the vegetables into small pieces, and sweat them well in the butter; add the water, and let all boil well together for one-and-a-half hours; then remove the saucepan from the fire and pass the contents through a fine wire sieve. Make hot in a clean saucepan, and it is ready for serving. Serve with fried bread.

**TAPIOCA CREAM.**

One-and-a-half pints of white stock.  
Two ounces of crushed tapioca.  
Three eggs.  
Half-pint of milk.  
Salt and white pepper.

Put the stock in a clean saucepan, and when it is hot sprinkle in the tapioca, and let it boil until the tapioca is clear. Beat the yolks of the eggs in a basin, with salt and white pepper ; add the milk, and strain this into the soup. Let it come to boiling point to cook the eggs, keep stirring it in the hot saucepan for a few minutes, and serve in a hot tureen.

**POTATO PURÉE.**

One-and-a-half pounds of potatoes.  
Two pints of white stock.  
One pint of milk.  
One Spanish onion.  
One ounce of butter.  
Salt and white pepper.

Wash, peel, and slice the potatoes, and weigh them then. Put the butter into a stewpan ; when it is dissolved, put in the potatoes and slice in the onions ; sweat these over the fire for five minutes, but don't let them acquire any colour. Make the stock hot and pour it over the potatoes, but keep back half a pint to help the potatoes through the sieve ; let the potatoes boil quickly until they are quite soft, then rub them through a fine wire or hair sieve ; return them to a clean saucepan, add the milk and salt, and stir until it is quite hot. If the purée is not thick enough, sprinkle in a table-spoonful of crushed tapioca ; as soon as this becomes clear, the purée is ready. If a rich purée is desired, add one gill of cream just before serving. Send fried bread to table with this purée.

**VEGETABLE SOUP.**

One cabbage.  
One pint of green peas.  
Two carrots.  
Half turnip.  
Two sticks of celery.  
Two onions.  
One bouquet garni.  
One-and-a-half ounces of butter.  
Two quarts of stock.  
Ten peppercorns.  
Salt.

Put the butter into a large stewpan to dissolve, slice the cabbage and put it into the hot butter; stir it well about for five minutes or until the butter is absorbed, but do not let the cabbage get brown; then put in all the other ingredients with the stock, and boil gently for an hour and a half, or until the vegetables are quite soft; then remove the saucepan from the fire, and rub through a fine wire sieve. Return to a clean saucepan and let it get hot through, pour into a warm tureen, and serve with fried bread.

**SEMOLINA SOUP.**

One pint of stock.  
Half-pint of milk.  
Two ounces of semolina.  
Salt and pepper.

Put the stock into a saucepan, and when it boils stir in the semolina; let it boil for fifteen minutes, then add the milk and seasoning; let it get quite hot, and pour into a warm tureen. Serve with fried bread.

### PURÉE OF RABBIT.

One rabbit.  
One quart of good brown sauce.  
One ounce of flour.  
One gill of milk.  
Half-ounce of butter.

Cut the meat off the back of the rabbit in two long fillets, wrap the remainder in buttered paper, and bake for half an hour. Then take it from the oven, and cut all the meat from the bones; put the brown sauce into a saucepan, and add the bones and pieces of rabbit, and boil gently for an hour and a half. Then take the saucepan from the fire, and rub the contents through a hair sieve. Take the fillets of rabbit, put them through the sausage-machine, and then pound them well in a mortar, and rub through a wire sieve. Put the half ounce of butter into a small saucepan, and when it is dissolved stir in the flour; then add the milk, and stir quickly until it boils; let it boil two or three minutes, take the saucepan from the fire, season the rabbit that you have pounded in the mortar, and mix it well with the panada. Shape this in tea-spoons like quenelles, butter a *sauté* pan, pour in some hot water, and poach the quenelles for ten minutes; then put them into a hot tureen, make the soup hot, and pour it on to the quenelles in the tureen.

### MULLIGATAWNY SOUP.

Three pints of brown stock.  
One rasher of bacon.  
Two small onions.  
One carrot.  
One apple.  
One ounce of butter.  
One dessert-spoonful of curry powder.  
Half tea-spoonful of mulligatawny paste.  
One ounce of corn-flour.  
One wild rabbit.  
Salt.  
One bouquet garni.  
Quarter-pound of rice.

Put the butter into a stewpan. and when it is dissolved put in the bacon cut into small pieces, the vegetables cut

up, and the apple and bouquet garni, and fry them for five minutes. Mix the curry powder, mulligatawny, and corn-flour into a smooth paste with a little stock, and put these in ; then stir it well about, add the stock, and stir until it boils ; draw it away from the fire, where it will only simmer. Cut the rabbit into neat joints, and put them into the soup ; boil this all gently for an hour and a half, then take the saucepan from the fire, take out the pieces of rabbit, and rub the soup through a hair sieve ; return it to a clean saucepan, and let it get quite hot. Cut the meat from the rabbit into neat pieces about an inch square, put these in a hot tureen, and pour the boiling soup on them. Boil the rice by directions given on another page, pile it high on a dish, and send it to table with the soup.

### KINGSWOOD SOUP.

Four tomatoes.  
One carrot.  
Two small onions.  
Ten peppercorns.  
Two sticks of celery.  
One ounce of butter.  
One ounce of corn-flour.  
Three pints of stock.  
One ounce of crushed tapioca.  
Curry powder,  
Salt.  
Bay-leaf.  
Two cloves,

Put the butter into a stewpan, and fry the onions and peppercorns ; mix the corn-flour with a little stock, and stir in with the onions ; add the tomatoes, celery, bay-leaf, and as much curry powder as will lay on the point of a knife ; then put in the stock, and boil gently for one hour. Rub the contents of the saucepan through a fine sieve, return to a clean saucepan, and sprinkle in the crushed tapioca. When this is clear it is ready for serving.



### PURÉE OF GREEN PEAS.

Half-peck of peas.  
Three pints of white stock.  
Ten spinach leaves.  
Ten mint leaves.  
Salt and white pepper.  
One tea-spoonful of castor sugar.

Shell the peas and boil them for ten minutes in water ; take them up, and place them in a clean saucepan, with the stock, spinach, mint, sugar, salt, and pepper. Boil all these together until the peas are very soft ; then take the saucepan from the fire and rub the contents through a hair sieve ; return to a clean saucepan, and make hot. Pour into a warm tureen, and serve with fried bread.

### TOMATO SOUP.

Two pounds of tomatoes.  
Two quarts of stock.  
Two onions.  
One carrot.  
One rasher of bacon.  
One bouquet garni.  
Ten peppercorns.  
One ounce of butter.  
One-and-a-half ounces of corn-flour.  
Salt.

Put the butter into a stewpan to dissolve, and when it is melted, slice in the onions, carrot, and bacon, put in the peppercorns and bouquet garni, and fry a good brown ; mix the corn-flour to a smooth paste with a little stock, and stir that in. When it is brown, put in the tomatoes ; add the stock and the salt, and let all simmer together for one hour ; then remove the stewpan from the fire, and pass the contents through a fine wire or hair sieve. Put it back into a clean saucepan and let it get quite hot ; if not thick enough sprinkle in a table-spoonful of crushed tapioca or semolina. Serve with fried bread.

## FISH.

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### MAÎTRE D'HÔTEL SOLES.

Two soles.

Two ounces of butter.

One tea-spoonful of lemon-juice.

One-and-half tea-spoonfuls of parsley.

Three-quarters of a pint of milk.

Half-ounce of best flour.

Fillet the soles, roll them up, with the part which has been next the bone outside, place them on a buttered tin, sprinkle over them some lemon-juice, cover over with buttered paper, and bake in the oven for ten or fifteen minutes, according to size; take them out, and arrange on a dish, and pour over them the sauce made as follows: Boil the bones of the fish in the milk, and then strain off; put half the butter into a small stewpan, and when it is dissolved put in the flour and mix smoothly; add the milk, and stir until it boils; let it boil for three minutes, then take the saucepan from the fire, and stand it on the table, put in the rest of the butter in small pieces, then the lemon-juice and seasoning, and last of all the parsley, which should be finely chopped. It is then ready to pour over the fish.

**SOLE À LA CARDINAL**

Two soles.  
Three ounces of butter.  
One tea-spoonful of parsley,  
Half-pint of milk.  
Half-ounce of flour.  
Quarter tea-spoonful of lobster coral.  
Salt and cayenne.

Fillet the soles and roll them up, with the side which has been near the bone outside, put them on to a buttered tin, pour some clarified butter and chopped parsley over them, cover them with a piece of buttered paper, and bake in the oven for twenty minutes. Make a nice smooth white sauce with the milk, flour, and one-and-a-half ounces of butter, season it nicely with salt and cayenne, stir in the lobster coral, take the fillets of sole from the oven, arrange them on a dish, and pour over them this sauce. Serve at once.

**BOUDINS OF WHITING.**

Four whiting.  
Four eggs.  
Half-pint of white sauce,  
One gill of cream.  
Two tea-spoonfuls of parsley.  
Lobster coral.

Skin and fillet the whiting, and pound in a mortar, then put through a wire sieve; put it back in the mortar and pound again, adding the eggs one at a time. It must then be rubbed through a hair sieve, turned into a basin, and mixed with the cream, pepper, and salt. Butter some small moulds, sprinkle some with lobster coral and some with chopped parsley, fill with the mixture, and steam for twenty minutes, or until it is firm; take the white sauce, season it nicely, mix some parsley and lobster coral with it, turn the mixture out of the moulds, and pour round the sauce. Serve at once.

**BOILED SOLE.**

One sole.  
Half-pint of white sauce.  
One egg.  
Salt.

Wash and clean the sole carefully, and put it into a very clean frying-pan half full of hot water nicely salted; boil very gently ten minutes, take it up, drain away the water, put it on a dish, and pour over the white sauce. Rub the yolk of the egg through a sieve, and garnish with this and a little chopped parsley or lobster coral,

**COLLARED EELS.**

Two eels.  
One onion.  
One bay-leaf.  
One tea-spoonful of vinegar.  
Two cloves.  
Ten peppercorns.  
One quart of stock.  
Two eggs.  
One ounce of gelatine.  
Pepper and salt to taste.

Thoroughly cleanse the eels, put them into the stock with the onion, bay-leaf, vinegar, cloves, and peppercorns, and some salt; let them boil until the eels are quite tender, then take them up, slip out the bones, and cut them into pieces about two inches square. Strain the liquor in which the eels have been boiled, put it into a clean saucepan, and let it boil without the lid, skimming it until it becomes quite clear. Put in the gelatine, and when that is dissolved, let it stand on one side to cool. Rinse a plain mould in cold water, have ready the two eggs boiled hard and cut in slices; arrange the pieces of fish in this mould, with a layer of eggs and small sprigs of parsley. When you have used up these, pour in the gravy very slowly, a table-spoon-

ful at a time, until the mould is full. Stand the mould in cold water for seven or eight hours ; then dip in warm water and turn out. This dish may be garnished with parsley, lemon, and beetroot.

### FISH CAKES.

Half-pound of cold boiled fish.  
Half-pound of boiled potatoes.  
One egg.  
One ounce of butter.  
Pepper and salt.  
Egg and bread-crumbs,

Break the fish in pieces and remove the bones ; boil the potatoes, and rub them through a sieve ; put the butter into a saucepan, and when it is dissolved, put in the potatoes, fish, egg, and seasoning, and mix well together. Turn it on to a plate, and when cold shape it into small flat cakes about four inches round and one inch high, Egg and bread-crumbs these, shape them again with a knife, and fry a golden brown in hot fat ; drain on a piece of kitchen paper for a few minutes, and serve on a dish paper, with fried parsley in the centre.

### POTTED FISH.

One pound of cold boiled fish.  
One dessert-spoonful of anchovy sauce.  
Two ounces of butter.  
Cayenne.

Pick the fish free from bone and skin, put it into the mortar with the butter, cayenne, and anchovy ; pound well, then turn it into small pots, and run some dissolved butter over it.

**POTTED BLOATERS.**

Six bloaters.  
Three ounces of butter.  
Two tea-spoonfuls of anchovy sauce.  
Cayenne or pepper to taste.

Cook six bloaters, skin them, and cut them open down the back ; raise the backbone at the tail and carefully remove it, then pick out all the smaller bones (as far as you can). Put the fish with the butter and seasoning into the mortar, and pound thoroughly ; then press it into small pots, and cover with dissolved butter. This mixture will keep good for some time and is a delicious relish ; those who have once tasted this will not, I think, care again for any bought preparation.

**SOLE AU GRATIN.**

One sole.  
One tea-spoonful of parsley.  
Half a small shalot.  
Four mushrooms.  
One tea-spoonful of lemon-juice.  
One ounce of butter.  
Two table-spoonfuls of thick gravy.  
A few brown bread-crumbs.  
Salt and pepper.

Chop the parsley, shalot, and mushrooms finely, season with pepper and salt, and mix well together. Butter a tin dish and sprinkle half these ingredients on it, and half the lemon-juice ; then lay on the sole, and put the rest of the parsley, etc., on the top ; brush over with the gravy and sprinkle with the bread-crumbs. Bake for twenty or twenty-five minutes according to the size ; carefully remove the fish to another dish, pour round the gravy, and serve.

**KEDGEREE.**

One dried haddock.  
Quarter-pound of rice.  
Two eggs.  
One-and-a-half ounces of butter.  
Cayenne or pepper.

Cook the rice in nicely salted water as by recipe given ; boil the haddock in water seven or eight minutes, according to size, take all the bones from the fish and pick it into small pieces ; have ready two eggs boiled hard, take the whites and cut them into small pieces ; put the butter into a stewpan, and when it is dissolved put in the rice, fish, pepper, and white of egg, and mix all well together ; then pile it high on a dish, and rub the yolks of eggs through a sieve on the top. It is then ready to serve.

**CURRIED COD.**

Two pounds of cod.  
Half-pint of gravy.  
One small onion.  
One apple.  
One small tea-spoonful of curry powder.  
One small tea-spoonful of corn-flour.  
Quarter tea-spoonful of mulligatawny paste.  
Salt.  
One ounce of butter.  
Quarter-pound of rice.

Put the butter into a stewpan, and when it is dissolved and hot put in the onion and apple (which have been peeled and cut into small pieces), and fry a light brown. Mix the curry powder, corn-flour, and mulligatawny paste and salt into a smooth paste with a little gravy, and turn into the frying-pan. When this is thoroughly mixed pour in the gravy, and stir until it boils ; let it simmer gently for ten minutes. Strain into a clean saucepan, lay in the cod, and simmer for half-an-hour ; take up the fish, and pour the sauce round. It may be garnished with hard boiled eggs.

## SAVOURY DISHES OF MEAT AND POULTRY.

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### CROQUETTES OF CHICKEN.

Half cold chicken.  
Three ounces of ham.  
Three mushrooms.  
One tea-spoonful of parsley.  
One ounce of butter.  
One ounce of flour.  
One gill of milk.  
Salt and cayenne.  
Half-pound of good pastry.

Mince the chicken and ham very finely; chop the mushrooms and parsley; season and mix the ingredients all well together; put the butter into a stewpan, and when it is dissolved stir in the flour, add the stock, and make into a smooth panada. Mix this with the chicken, etc., then turn on to a plate and let it get cool. Roll the pastry out very thin, and cut it out with a paste-cutter; put a small piece of the mixture into the crust, wet the edges with water or egg, fold over, press well together, put them into egg and fine bread-crumbs, fry in very hot fat, drain on paper, and then arrange on a dish paper in a circle; serve with fresh parsley.



**FILLETS OF BEEF À LA BÉARNAISE.**

Seven fillets.  
Half-pint of good brown sauce.  
Two ounces of butter.  
Egg and bread-crumbs.  
One dessert-spoonful of tarragon vinegar.  
One table-spoonful of white sauce.  
Three yolks of eggs.  
Two ounces of butter.  
One tea-spoonful of chopped parsley.  
One tea-spoonful of shalot.

Prepare the fillets, egg, and bread-crumbs, and fry in hot butter ; drain them on kitchen paper, and dish nicely with the Béarnaise sauce in the centre. Prepare this as follows : Chop the shalot finely, and put it into a saucepan with the vinegar, and let the vinegar all boil away ; then add the white sauce and the yolks of the eggs, cook the eggs thoroughly, stirring all the time. When done it should be quite thick. Take the saucepan from the fire, add the butter in small pieces, and lastly stir in the parsley ; place this in the centre of the fillets, pour round the brown sauce, and serve.

**RHODE ISLAND CHICKEN.**

One chicken.  
One gill of cream.  
Two ounces of butter.  
One tea-spoonful of chopped parsley.  
One egg.  
Fine bread-crumbs.  
A little nutmeg, cayenne pepper, and salt.

Parboil a chicken, skin it, and cut it into neat joints ; beat up the egg, mix the bread-crumbs with the parsley, nutmeg, seasoning, and a little grated lemon-peel. Dip each joint of chicken in the egg, and then thoroughly cover it with the bread-crumbs ; put the butter into the frying pan, and when it is quite hot place in the chicken and fry a golden brown. When these are done lay them for a few minutes on some kitchen paper and then arrange nicely on a hot dish ; then put the cream into the frying-pan and shake it well about until it is thoroughly hot, pour it over the fowl and serve at once.

**FILLETS OF BEEF À LA FRANCAISE.**

Seven fillets of beef.  
One tea-spoonful of chopped parsley.  
One ounce of fresh butter.  
One-and-a-half gills of glaze or strong jelly.  
Half-pint of potato chips.  
Salt and cayenne to taste.

Take the fillets and shape them nicely, and have as many pieces of fat as you have fillets; cook the fat in the oven, then pour the melted fat into a *sauté* or frying-pan; if there is not sufficient to fry the fillets in, add a little butter. When this is quite hot lay in the fillets, and fry a nice brown (they should be rather underdone); take them up, and place them on a plate to keep warm; then take the glaze or jelly and pour it into a frying-pan and let it boil for a few minutes. Season the fillets with pepper and salt, and dish them on a round of mashed potatoes. Have ready some potatoes which have been cut into rounds about the size of sixpence, and fried in hot fat, place these in the centre, then pour the glaze jelly nicely over the fillets. A small piece of fat and a piece of maître d'hôtel butter about the size of sixpence should be laid on each fillet; it is then ready for serving.

**SWEETBREADS WITH SPINACH.**

Two sweetbreads.  
Two pounds of spinach.  
One pint of white stock.  
Two dozen mushrooms.  
Half-pint of brown stock.  
Six ounces of butter.  
Two eggs.  
One table-spoonful of cream.  
Salt and pepper.  
Eggs and bread-crumbs.

Simmer the sweetbreads gently in the white stock for twenty minutes, and let them get quite cold, then divide into neat pieces. Boil the mushrooms in the brown stock, and rub them through a wire sieve; put them into a stew-pan with three ounces butter and the yolks of two eggs, and work into a paste, seasoning it well with pepper and salt; let this cool, then spread it thickly over the pieces

of sweetbread, dip in egg and fine bread-crumbs, and fry in hot butter. Boil some spinach nicely, and squeeze it very dry; put two ounces of butter in a stewpan, add the cream, salt, and pepper, put in the spinach, and mix well together. Dish the sweetbreads on a round of mashed potatoes in a circle, place the spinach in the centre, and pour round a good brown sauce which has been flavoured with mushrooms.

### OYSTERS SUPERBE.

One dozen oysters.  
One dozen strips of bacon.  
One dozen croutons of bread.  
Cayenne.  
Nutmeg.  
Fried parsley.  
Hot fat.

Take the oysters, trim off the beards, and season with the nutmeg and cayenne, roll each oyster in a strip of fat bacon, thread on to a small fine skewer, and fry in hot fat. Have ready some fried croutons of bread, dish each oyster on one of these, and serve very hot, with fried parsley in the centre.

### LOBSTER CUTLETS.

One lobster.  
One gill of milk.  
One ounce of flour.  
One-and-a-half ounces of butter.  
One dessert-spoonful of anchovy sauce.  
Cayenne.  
Egg and bread-crumbs.  
Hot fat.

Take all the white meat from the lobster and chop it finely; put the shells into the milk to extract the flavour, put the butter into a stewpan, and when it is dissolved stir in the flour, strain in the milk, and stir until it boils; remove from the fire, put in the lobster, cayenne, and anchovy. Mix well, and turn on to a plate to cool. When cold, shape into cutlets, egg and bread-crumbs, and fry in hot fat. Drain on a paper, and serve with fresh parsley: a small piece of the feeler of the lobster should be put in the end of each cutlet.

**KROMESKIS OF LOBSTER.**

Half-pound of lobster cutlet mixture.  
Six rashers of bacon.  
Quarter-pound of flour.  
One table-spoonful of salad oil.  
Two eggs.  
One gill of tepid water.  
Hot fat.

Take the lobster cutlet mixture in cork-shaped pieces and roll each piece in a thin strip of bacon. To make a frying batter sift the flour into a basin, then pour in the oil and with the tepid water make a smooth batter; stand it by for an hour, then whisk well the whites of two eggs with a little salt to a stiff froth, stir these into the batter. Take the kromeskis, dip each one in the batter, and drop into very hot fat; fry a golden brown, drain on a piece of kitchen paper, then arrange in a circle on a hot dish and serve with fried parsley.

**BOILED MUTTON.**

Four pounds of neck of mutton.  
Three pints of water.  
One pint of parsley-and-butter sauce.  
Five peppercorns.  
One onion.  
One tea-spoonful of salt.

Trim the mutton and remove the pith from the bones. When the water boils put in the mutton, and let it boil quickly for two minutes; throw in the salt, draw the saucepan on one side, and skim well; put in the onion and peppercorns, and stand the saucepan where it will simmer gently for one-and-a-half hours, skimming it from time to time; take it up, and pour over the parsley-and-butter sauce. If turnips are served these may be boiled with the meat; they should be sliced and boiled for three-quarters of an hour. The water in which the meat was boiled will do for the stock-pot.

**BOILED FOWL AND EGG SAUCE.**

One fowl.  
Two eggs.  
One onion.  
One bouquet garni.  
One pint of white sauce.  
Six peppercorns.  
Salt.

Truss the fowl for boiling, butter a piece of kitchen paper, roll the fowl in it, and tie it up; have ready enough boiling water to cover it, put in the seasoning and onions, let it boil very fast for a few minutes, then draw on one side and let it simmer gently for one hour. Boil the eggs hard, cut them carefully in half, wash the whites well in cold water, and fill them with a few green peas or Brussels sprouts; take up the fowl and pour over it a nicely-seasoned white sauce, place the whites of eggs at the corner of the dish and rub the yolks through the wire sieve on to the breast of the fowl. It is then ready for serving.

**ROLLED MUTTON.**

Four-pounds of neck of mutton.  
One pint of brown sauce.  
Half-pound of veal seasoning.  
One quart of stock.  
A little glaze.

Bone the mutton, cut away some of the fat, lay in the seasoning, roll and sew up securely. If you have no stock in which to boil it, take the bones and put them into about a quart of water with some vegetables, place the mutton in and boil gently for an hour-and-a-half; then take it out, glaze it, and serve with good brown sauce and vegetables cut into fancy shapes.

**GALANTINE OF TURKEY.**

One turkey.  
One tongue.  
Two pounds of sausage-meat.  
One pound of bacon.  
Pepper and salt.  
Two onions stuck with six cloves.  
Two carrots.  
One bouquet garni.  
Three quarts of water.  
One quart of aspic jelly.

Bone the turkey ; have ready a tongue which has been boiled and skinned ; trim away the roots from this ; take the trimmings and put them through the sausage-machine, or chop finely and mix with the sausage-meat. Cut the bacon into strips, lay open the turkey, and pack with the tongue, sausage meat, bacon, and seasoning ; fold it together, and shape it nicely, roll it in a clean cloth, tie it up securely, lay it in a large stewpan with the water, the bones of the turkey, the onions, carrots, etc. ; when it comes to the boil, skim well, and let it boil very gently for two or three hours, according to the size of the turkey. Take it up, press it between heavy weights, and leave it until the next day ; strain the gravy and put it by. The next day take the turkey out of the cloth ; reduce the gravy to a glaze, and nicely glaze the galantine ; cut a slice off one end, then take the aspic jelly and chop it up, some finely and some in larger pieces ; decorate with the finely-chopped aspic on the top, and the larger pieces round the dish.

**SAVOURY LUNCHEON DISH.**

One pound of knuckle of veal.  
One pound of leg of beef.  
Two eggs.  
Four cloves.  
Ground ginger.  
One quart of water.

Cut the veal and beef into small pieces, and put them into a clean saucepan with the cloves and as much ginger as will lay on the point of a knife; cover with the water, and stew well for two-and-a-half hours. Take out the meat, cut it into small pieces, and arrange in a mould with the hard-boiled eggs cut into slices or blocks. Cover with the gravy, and stand in a cool place till set; it will then be in a firm jelly. Remove the fat from the top, turn on to a dish, and garnish with beetroot and small salad.

## BRAISING.

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### BRAISED VEAL.

Six pounds of neck of veal.  
One quart of stock.  
Half-pound of veal seasoning.  
One carrot.  
One onion stuck with three cloves.  
Six peppercorns.  
One bouquet garni.  
Salt.  
Three rashers of fat bacon.

Bone the veal, lay in the seasoning, roll it up and securely fasten it; then cut the bacon into thin strips and lard the top of the roll. Lay it in the braising-pan, pour round it the stock, put in the bouquet garni, the carrot, onion, peppercorns and salt, then cover it closely, and either put the pan into the oven or stand it where it will simmer gently, and put some hot ashes on the lid; take the lid off from time to time and baste the meat with the gravy. Let it cook gently for two hours, then take the meat out of the braising-pan and put it in the oven or in front of the fire for a few minutes while you strain the gravy. Return the gravy to a clean saucepan and let it boil very quickly without the lid for ten minutes to reduce; then pour some round the veal. Garnish with some vegetables that have been cut into fancy shapes and boiled separately.



**BRAISED FOWL.**

One fowl.  
One quart of stock.  
One carrot.  
One small onion.  
Two rashers of bacon.  
Half-pound of forcemeat.  
Six peppercorns.  
Three cloves.  
A little turnip, celery, and bay leaf.  
Salt.

Lard the breast of the fowl with some strips of fat bacon, lay two rashers of lean bacon at the bottom of the braising-pan, place the fowl on these, add the vegetables, etc., pour in the stock, cover the breast of the fowl with a piece of well-greased paper. Put the lid of the pan on closely, and stand it in the oven. Take it out from time to time, and baste well with the stock. Let it cook gently for an hour-and-a-quarter, then take the fowl out, put it in front of the fire or in the oven for a few minutes to brown. Strain the gravy, let it boil quickly without the lid until it is a half glaze, place the fowl on a dish, and pour over it the gravy. The forcemeat should be made into balls, and baked in the oven ; place these round the dish ; it may also be garnished with Brussels sprouts or green peas.

**BRAISED PARTRIDGES.**

Two partridges.  
One-and-a-half pints of good beef stock.  
One rasher of ham.  
One carrot.  
One onion stuck with three cloves.  
One bouquet garni.  
Ten peppercorns.  
Salt.

Truss the partridges as for roasting ; put the ham in the braising pan ; lay the partridges on it ; place all round the vegetables, etc., and pour over a good brown gravy.

Cover over, and place in the oven for one hour, basting the birds constantly with the stock. When the birds are done, place them for a few minutes in the oven or in front of the fire to brown; strain the gravy, and reduce it to a half glaze. Place the birds in a dish, and pour round the gravy. Glaze the breasts with a little good glaze, and serve with bread sauce.

### BRAISED FILLETS OF VEAL.

Two pounds of fillet of veal.  
Half-pound of fat bacon rashers.  
One-and-a-half pints of stock.  
One onion.  
One carrot.  
Bouquet garni.  
Seven peppercorns and salt.

Cut nine or eleven fillets all of one size, lard half of them with thin strips of fat bacon, place them in the braising-pan in a circle, overlapping as far as they are larded; put in the centre the seasoning, vegetables, and stock; simmer gently for one-and-a-half hours; dish them in a circle with spinach or peas in the centre, reduce the gravy to a half glaze, and pour over.

## • STEWS.

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### HARICOT MUTTON.

Two pounds of neck chops.  
One pint of stock or water.  
One onion,  
One ounce of flour.  
Half-ounce of butter.  
Six peppercorns,  
One carrot.  
Half a turnip,  
Celery.  
One bouquet garni.  
Salt.

Trim the fat away from the chops, put the butter into a stewpan, and fry the chops a nice brown ; then fry the onion, mix the flour to a smooth paste, and pour that into the stewpan ; then add the water or stock, and when it has boiled up lay in the chops ; let it then simmer gently for one-and-a-half-hours, skimming it from time to time. Cut the vegetables into fancy shapes, put the trimmings in with the meat, and boil the others separately. When the meat is tender arrange the chops in a circle on a dish, pour over them the gravy, which has again been well skimmed, and garnish with the vegetables that have been boiled separately.

### SCOTCH COLLOPS.

One pound of lean steak.  
One ounce of butter.  
One shalot.  
One gill of stock.  
Salt and pepper. •

Mince very finely, but do not chop the steak, fry it in the butter; add the shalot, salt, pepper, and stock, and simmer gently for one hour. Arrange nicely on a dish, and serve with sippets of toasted bread as a garnish.

### STEWED STEAK.

One pound of fillet steak.  
One onion.  
One carrot.  
A little celery.  
Salt and six peppercorns.  
One tea-spoonful of corn-flour.  
Three-quarters of a pint of gravy or water.  
One ounce of butter.

Trim all the fat away from the steak, put the butter into a stewpan, and when dissolved put in the steak and fry it a good brown; when half fried add the onion. Mix the corn-flour with a little cold water, pour in the gravy and add the corn-flour, stir until it boils; put in the trimmings of the vegetables, salt, etc., and let all simmer very gently for one-and-a-half hours. The best part of the vegetables should be cut into fancy shapes and boiled separately. Dish the steak, skim the gravy, pour over and garnish with the fresh-boiled vegetables.

## LEG OF BEEF STEW.

Three pounds of leg of beef.  
Two quarts of water.  
One Spanish onion.  
Two carrots.  
Half a turnip.  
Two sticks of celery.  
Salt and pepper.

Cut the beef into small pieces, put it in cold water, and bring quickly to the boil ; skim well, add the vegetables cut up and the seasoning, and let it simmer well for two-and-a-half hours, skimming it from time to time. It may be thickened with a little corn-flour, or served up quite plainly.

## BRAZILIAN STEW.

Two pounds of leg or sticking of beef.  
One gill of vinegar.  
One onion.  
One carrot.  
Half a turnip.  
Pepper and salt.

Cut the meat into small pieces, and dip each piece in the vinegar ; lay these in a saucepan, cover with the vegetables and seasoning, and stand it over the fire. Let it cook very slowly for three hours. Arrange the meat on a hot dish, pour round the gravy, heap the vegetables on top, and garnish with mashed potatoes.

**IRISH STEW WITH OYSTERS.**

Two pounds of middle neck of mutton.  
One dozen oysters.  
One-and-a-half pounds of potatoes.  
One pint of white stock.  
One small onion.  
Pepper and salt.

Cut the mutton into neat pieces, slice the potatoes—they should be weighed after they are peeled—shred the onion; place a layer of potatoes, then one of meat, then a little onion and seasoning, and proceed until all the ingredients are used up; put in the stock, place over a slow fire and cook gently for two hours, shaking the saucepan frequently; put in the oysters, and shake over the fire for five minutes, it is then ready for serving; pile high in a hot dish. This is a very savoury and nourishing dish.

**BOONE'S STEW.**

One pound of lean steak.  
One pound of potatoes.  
One pound of tomatoes,  
One large onion.  
One pint of water.  
Pepper and salt.  
Quarter-pound of flour.  
One ounce of butter.  
Half tea-spoonful of baking powder.

Cut the steak into neat pieces, lay it in a saucepan, slice up the tomatoes and onion, peel the potatoes, and place all with the seasoning on the top of the meat; add the water, and when it boils add the dumplings made with the flour, butter, and baking powder. Rub the butter into the flour, stir in the baking powder and a pinch of salt; mix with two table-spoonfuls of water into a dough, shape them into small dumplings, drop them into the stew, and let all simmer together for an hour. It is then ready to serve; pile it high on a very hot dish, and garnish with the dumplings.

## VEGETABLES.

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### CROQUETTES OF POTATOES.

One pound of potatoes.  
One ounce of butter.  
One dessert-spoonful of milk.  
One egg.  
Cayenne or pepper and salt.

Boil the potatoes, dry them well, and rub them through a wire sieve; put the butter and milk into a saucepan, and when hot, put in the potatoes; season them nicely, add the egg, and mix well. Turn on to a plate to cool; when the mixture is cold, slightly flour the board, and roll into balls and cork-shaped pieces, egg and bread-crumbs them thoroughly, shape them again, and lay them in a frying basket; fry in hot fat until a golden brown. Drain for a few minutes on kitchen paper, and serve on a folded d'oyley with fried parsley.

### POTATO CHIPS.

Peel some potatoes, cut them into quarters, and shape nicely, dry well in a cloth, and fry in hot fat. Drain for a few minutes on kitchen paper, and arrange nicely on a dish paper with fried parsley.

**POTATOES À LA DUCHESSE.**

Two pounds of potatoes.  
One-and-a-half ounces of butter.  
Two eggs.  
One ounce of flour.  
Salt and cayenne.

Boil the potatoes well, and rub them through a sieve. Put the butter into a stewpan, and when it is dissolved put in the potatoes, eggs, salt, and flour, and mix well with a little cayenne, then turn on to a place to cool; have ready plenty of fat, well heated; take the potatoes up with a spoon in rough rocky lumps, and drop into the hot fat and fry a golden brown. Drain for a few minutes, and serve with fried parsley.

**TOMATOES STUFFED.**

Seven tomatoes.  
One small shalot.  
One dessert-spoonful of parsley,  
One tea-spoonful of sweet herbs.  
Two ounces of ham.  
One table-spoonful of bread-crumbs.  
One-and-a-half ounces of butter.  
Seven croutons of bread.  
Salt and pepper.

Cut the centre out of the tomatoes with a sharp knife, then mince finely the shalot, parsley, ham, and herbs; add the bread-crumbs and seasoning, and bind together with the butter. Place some of this mixture in the centre of the tomato, place on a buttered tin, and bake for fifteen minutes. Have ready some fried crouton of bread, place each tomato on a crouton, and serve. If gravy is desired, boil the pieces of tomato that were cut out in a gill of stock for five minutes, and strain round the tomatoes.



**CAULIFLOWER AU GRATIN.**

One cauliflower.  
One pint of white sauce.  
Three ounces of Parmesan cheese.  
One ounce of butter.

Boil the cauliflower, and squeeze all the water from it; place it in a vegetable dish, put half the grated cheese in the sauce, and pour this over the cauliflower; sprinkle the rest of the cheese over the top, and place the butter in small pieces over it; then put the dish in front of the fire, and let it get a golden brown. It is then ready for serving.

**TURNIPS STEWED IN STOCK.**

Six turnips.  
Half-pint of stock.  
Two ounces of butter.  
Salt and pepper.

Peel the turnips, cut them into quarters, and shape nicely; put the butter into a stewpan, and brown the turnips in this, season them and add the stock, simmer for half-an-hour, arrange them in a dish. Boil the stock quickly without the lid to reduce it, and pour it over the turnips. They are then ready for serving.

**STEWED CARROTS.**

Six carrots.  
One pint of brown gravy.  
One tea-spoonful of parsley.  
One lump of sugar.  
Suet.

Scrape the carrots, and boil them until tender in the gravy; take them out and keep hot while you reduce the gravy to a half glaze, putting in the sugar and salt; stand the carrots in a circle, and pour the gravy when quite thick over them; sprinkle with the chopped parsley, and serve very hot.

## COLD MEAT

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### SHEPHERD'S PIE.

One pound of cold meat.  
One-and-a-half pounds of potatoes.  
One ounce of butter.  
One table-spoonful of milk.  
One gill of gravy.  
Pepper and salt.

Boil the potatoes, and rub them through a wire sieve ; put the milk and butter, with some pepper and salt, into a saucepan, and when that is quite hot put in the potatoes, and mix well ; cut the meat into neat pieces, season it, and lay it in a pie-dish ; pour in the gravy, and cover over with the mashed potatoes ; smooth them over the top, and brush over with egg, if you have one about ; put it into a moderate oven, and bake for three-quarters of an hour.

### RISSOLES.

Half-pound of cold meat.  
One onion.  
Half-tea-spoonful of chopped parsley.  
Half-ounce of butter.  
Half-ounce of flour.  
One gill of gravy.  
Pepper and salt.

Peel and chop the onion finely, put the butter into a small saucepan, and when it is hot put in the onion and fry a light brown, but do not let it burn ; stir in the flour, and

when it is quite smooth pour in the gravy and stir until it boils. Chop the meat finely, mix in the parsley, and put all into the saucepan, season nicely and mix well ; turn the mixture on to a plate to cool ; when quite cold roll it into balls ; egg and bread-crumbs them, put them into a frying basket and fry in hot fat. Dish in a circle with fried parsley in the centre.

### CROQUETTES OF COLD MEAT.

Half-pound of short crust.

Half-pound of cold meat.

One gill of stock.

Half-ounce of flour.

Half-ounce of butter.

One tea-spoonful of chopped parsley, or two mushrooms.

Pepper and salt.

Chop the meat finely, mix with it the parsley, or finely chopped mushrooms, and seasoning ; put the butter into a saucepan ; when it is dissolved stir in the flour, and add the stock, and make this into a smooth sauce ; put in the meat, etc., and mix well together ; turn on to a plate to cool. Roll the pastry out very thinly and cut out with a small pastry-cutter ; place some meat in the centre, wet the edges with water, and fold over, press the edges well together, and cut with a knife ; dip these croquettes into a well-beaten egg, cover with fine bread-crumbs, and fry in hot fat ; drain for a few minutes on a piece of kitchen paper, dish on a fancy paper in a circle, and put fried parsley in the centre.

### DRY CURRY.

Cut some neat slices of mutton, mix some curry powder and salt together, and sprinkle the mutton with this ; put one ounce of butter into a frying-pan, and fry the meat a nice brown ; pile high on a dish, and serve in a border of rice.

### SAVOURY HASH.

Cut all the meat from the remains of a joint, put the bones and trimmings in a saucepan with an onion and carrot, some peppercorns, salt, etc., and cover well with cold water ; let these boil for two hours, strain them into a basin, and take off all the fat ; fry an onion in a little butter, slice in a carrot, piece of turnip and celery, a tomato or mushrooms ; stir in half an ounce of corn-flour, and then pour in the gravy, and let all boil for ten minutes. Cut the meat for the hash into neat pieces, and put into a clean saucepan, strain the gravy on to them and let it get thoroughly hot, but do not let it boil. Arrange the meat on a hot dish, pour over the gravy and garnish with carrots and turnips cut into fancy shapes and boiled separately, or with mashed potatoes and toasted sippets of bread.

### SAVOURY MUTTON.

One pound of cold mutton.  
Three mushrooms.  
Half-pint of gravy.  
One ounce of butter.  
Half-ounce of flour.  
Salt and pepper.

Cut the meat into neat slices ; cut up the mushrooms ; put the butter into the frying-pan, and fry the mutton and mushrooms slightly ; add the gravy, salt and pepper ; mix the flour with a little cold water or milk to a smooth paste ; stir this in, and continue stirring until it boils ; let it simmer gently for ten minutes ; place the meat on a hot dish, and pour over it the gravy and mushrooms. This may be served with a border of mashed potatoes or sippets of toast.

**BOUDINETTES OF MEAT.**

Half-pound of cold meat.  
Half-pound of potatoes.  
Two mushrooms.  
Salt and pepper to taste.  
Egg and bread-crumbs.  
One ounce of butter.

Take some cold meat, mince it finely, free from fat and gristle, and weigh after it is minced ; boil the potatoes, dry them thoroughly, and rub them through a sieve ; chop the mushrooms, mix with the meat, and season nicely ; put the butter into a stewpan, and when it is dissolved put in the potatoes, and mix well ; add the chopped meat and mushrooms, and mix all together ; turn on to a plate to cool. When cold make up into cork-shaped pieces, egg and bread-crumbs them, and fry in hot fat. Drain for a few minutes on kitchen paper ; dish on a folded d'oyley in a circle, with fried parsley in the centre.

**MINCE.**

One pound of cold meat.  
Half-pint of gravy.  
One ounce of butter.  
One onion.  
One carrot.  
One tea-spoonful of corn-flour.  
Pepper and salt.

Mince the meat finely ; put the butter into a stewpan, and when it is dissolved slice the onion, and fry a light brown ; add the carrot, and then stir in the corn-flour ; put in the gravy, and stir until it boils ; let it boil for fifteen minutes, then strain it into a clean saucepan ; season the meat, put it in the gravy, and let it get hot through ; *simmer*, but not boil, for ten minutes. Put it on a hot dish, and serve with sippets of toast.

**CURRY OF COLD MEAT.**

One pound of cold meat.  
Half-pint of gravy.  
One apple.  
One onion.  
One dessert-spoonful of curry-powder.  
A little mulligatawny paste.  
One tea-spoonful of corn-flour.  
One ounce of butter.  
Salt.

Peel the apple and onion and slice them up ; put the butter into the frying-pan, and when it is dissolved fry these a light brown ; mix the curry powder, paste, and corn-flour and salt to a smooth paste with a little cold water. Pour these into frying-pan, and when they are thoroughly mixed put in the gravy and stir until it boils. Let all simmer together for ten minutes ; strain into a clean saucepan, cut the meat (be sure to have some fat with it) into small pieces ; put them in the curry gravy and let all simmer very gently for half-an-hour. Arrange on a dish, and serve with it some well-boiled rice.

**GÂTEAU OF COLD MEAT.**

One pound of cold meat.  
One shalot.  
One ounce of butter.  
One gill of stock.  
Two tea-spoonfuls of parsley.  
Three eggs.  
One table-spoonful of brown bread-crumbs.  
Pepper and salt.

Well grease a plain cake-tin and sprinkle with the bread-crumbs. Mince the meat finely and put it into a basin ; chop the parsley and shalot very small, and mix with the meat, and season nicely with pepper and salt. Beat the yolks of two and one whole egg with the stock and strain it over the meat ; mix well, turn into the prepared tin, and bake for three-quarters of an hour ; then turn it on to a hot dish, and serve with a good gravy poured round.

## PUDDINGS AND PIES.

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### SEMOLINA PUDDING.

Two ounces of semolina.  
One pint of milk.  
Two ounces of sugar.  
Three eggs.

Put the semolina into a saucepan with half a pint of cold milk and some sugar, and boil for a quarter of an hour. Make a custard of the eggs and milk (use only one white of egg); mix it with the semolina, turn into a buttered pie-dish, and bake for half-an-hour.

### COLLEGE PUDDING.

Half-pint of milk.  
One ounce of butter.  
One ounce of sugar.  
Quarter-pound of bread-crumbs.  
Half-ounce of candied-peel.  
Two eggs.

Put the milk, butter, and sugar into a saucepan, and when boiling pour it on to the bread-crumbs; put in the candied-peel, cut into very tiny pieces, beat up the eggs well and stir them into the bread-crumbs, etc.; flavour with a little brandy, sherry, or vanilla. Bake in well-buttered cups for fifteen minutes, or until a rich brown colour, and serve with sifted sugar and sherry. The cups should be only three parts full when put into the oven.

### QUEEN OF PUDDINGS.

One pint of bread-crumbs.  
One quart of milk.  
Two lemons.  
Four eggs.  
Three ounces of castor sugar.  
Three table-spoonfuls of jam.  
Quarter-pound of icing sugar.

Pour the milk boiling on to the bread-crumbs, sweeten with the castor sugar, put in the grated rind of two lemons and the yolks of the eggs; put this mixture into a buttered dish and bake until set. Put the icing sugar into a basin with the whites of the eggs, and the juice of the lemons; beat all to a stiff froth, put a layer of strawberry jam on the top of the baked mixture, and then a thick layer of icing; replace in a very cool oven until set, but not brown. To be eaten cold. This is a most delicious pudding. Half the icing may be coloured with a little cochineal, and a layer of this put on first and allowed to get quite hard before putting on the layer of white.

### BREAD AND BUTTER PUDDING.

Three slices of bread and butter.  
One pint of milk.  
Three eggs.  
Two ounces of sugar.  
One ounce of candied-peel.

Butter a pie-dish, and cut three slices of thin bread and butter, and place them at the bottom, sprinkle over the candied-peel cut into very small pieces; put the milk into a saucepan with the sugar, let it come to boiling point, then pour it on to the eggs which have been well beaten (it is better to use only one white and three yolks), whisk well for five minutes, and then strain on to the bread and butter. Let it stand, if possible, for half-an-hour, and then bake in a slow oven for half-an-hour, or until set.



**RICE MERINGUES.**

One tea-cupful of ground rice.  
One-and-a-half pints of milk.  
Three eggs.  
One-and-a-half ounces of castor sugar.  
Half-pound of jam.

Put the rice and milk into a clean stewpan, and simmer until soft; add the yolks of the eggs beaten, and let them cook but not boil, then pile it high in the centre of a dish, and well cover with jam; whisk the whites of the eggs to a stiff froth, spread over the jam and sprinkle well with castor sugar; put it into a cool oven for twenty minutes, leave the door open to prevent it acquiring any colour. When it is cold it is ready for serving.

**BREAD AND FRUIT PUDDING.**

(To use up Stale Bread.)

Put a small round of bread at the bottom of a basin then place all round in an upright position fingers of bread about half-an-inch apart. Take a bottle of fruit, boil the juice with sugar and half-pint of water, put the fruit in for a minute or two, then take it out with a spoon and put it in a basin; dissolve six sheets of gelatine in the syrup, strain this over the fruit; let it stand until cold and set, then turn out and serve.

**BREAD PUDDING.**

Half-pound of scraps of bread.  
Two eggs.  
One gill of milk.  
Two ounces of sugar.  
Layer of jam.

Soak the bread in cold water until quite soft; then squeeze it dry; put it into a basin, and mix with it the

sugar, yolks of eggs, and milk; half-fill a pie-dish with this, and put in a layer of jam; fill up the dish, and bake until set; whisk the whites of the eggs to a stiff froth. When the pudding is baked put these on the top; replace in the oven to brown. It is then ready for serving.

### DOUGLAS PUDDING.

Three eggs.  
Five apples.  
Three ounces of bread-crumbs.  
Three ounces of currants.  
Three ounces of sugar.  
A little lemon-peel.

Chop the apples and put them into a basin, mix with them the bread-crumbs, currants, sugar, eggs well beaten; beat it well, pour into a buttered basin, and boil two hours. Turn it on to a hot dish, and serve with sifted sugar and a little sherry, if liked.

### SAVOURY PUDDING.

Three onions.  
Four ounces of bread-crumbs.  
Two ounces of flour.  
Two ounces of oatmeal.  
Two ounces of suet.  
One tea-spoonful of sage.  
Half-pint of milk.  
Salt and pepper.

Boil the onions for twenty minutes, chop them finely, and mix them with the other ingredients (the sage must be finely powdered), add the milk, and beat all well together; put it into a buttered pie-dish, and bake for three-quarters of an hour.

**CAPE PUDDING.**

Half-pound of bread-crumbs.  
Half-pint of milk.  
Two eggs.  
Two ounces of butter.  
Two ounces of sugar.  
Half-pound of jam.

Put the bread-crumbs into a basin, mix with them the sugar, put the butter and milk on the fire, and when they are boiling pour on to the crumbs and sugar; put in the yolks of the eggs, beat well, and pour into a buttered pie-dish. Bake until set; when it is cool spread over a layer of jam, whip the whites of the eggs to a stiff froth with a little sugar, and pile them on the top. Stand in a cool oven to set, but *not* brown. When the pudding is cold it is ready.

**DIPLOMATIC PUDDING.**

Half-pint of milk.  
Five eggs.  
Two-and-a-half ounces of sweet biscuits.  
One-and-a-half ounces of gelatine.  
Two ounces of sugar.  
Twenty dried cherries.  
A little angelica.  
One glass of sherry.  
One pint of jelly.

Make a custard of the milk and eggs, using only one white; when nearly cold cut the biscuits into small pieces, and put them in the custard. Cut the cherries in half, and the angelica into small pieces, and add them; put in the wine, dissolve the gelatine in half a gill of cold water, and strain that in. Have ready a mould prettily decorated with red and white jelly; sprinkle the red jelly with desiccated cocoa-nut, and the white jelly with pistachio kernels chopped finely. When the pudding is nearly cold, pour it into this mould, and stand it in a cool place until firm; turn it out carefully, chop the rest of the jelly, and place it round the pudding. It is then ready for serving.

**CHEESECAKE PUDDING.**

One pound of potatoes.  
Three eggs.  
One pint of milk.  
Three ounces of sugar.  
Lemon-peel.  
Three ounces of sultanas.

Cook the potatoes, and rub them through a sieve ; add the eggs (yolks only) with lemon-peel, sugar, and sultanas ; mix well, turn into a buttered dish, and bake until a light brown and firm. The dish may be bordered with pastry if liked.

**POTATO PIE.**

One-and-a-half pounds of middle neck of mutton.  
One-and-a-half pounds of potatoes.  
One small onion.  
Half-pound of short crust.  
Half-pint of milk.  
Pepper and salt.

Cut the meat into pieces about one inch square, chop through the bones, put a layer of meat in a pie-dish, then one of potatoes, then a little onion and seasoning ; continue in this way until the dish is full, pour in the milk and cover with the pie-crust ; bake in a very moderate oven for one-and-a-quarter hours. This pie may be made with cold meat.

**RAISED PORK PIE.**

One pound of flour.  
Quarter-pound of lard.  
One gill of water.  
One pound of pork.  
Pepper, salt, and a little sage.

Cut the pork into small pieces, and season well ; put the lard and water into a saucepan, and when it is boiling pour it on to the flour, and work into a paste. Cut off

two-thirds, and roll it into a strip; wet the edges, and form into a pocket; stand this up, and with the hand shape nicely; put in the pork, cover over, and ornament with leaves; brush over with an egg, and bake for one-and-a-half hours.

### VEAL AND HAM PIE.

One-and-a-half pounds of veal.  
Quarter-pound of ham.  
Two eggs.  
One dessert-spoonful of parsley.  
One tea-spoon of sweet herbs.  
One pint of gravy.  
Three-quarters pound of rough puff pastry.  
Salt and pepper.

Cut the veal into thin slices, and the ham into small pieces, and roll the ham in the veal, seasoning each roll with a little parsley and herbs, pepper and salt; pile these high in the dish, putting in the hard-boiled eggs in layers; pour round half the gravy and cover with the pastry; cut out some leaves to ornament the top of the pie. Brush over with a well-beaten egg and place in a moderate oven; bake for one-and-a-half to two hours. Take the rest of the gravy and boil it quickly, if not in a jelly put in three sheets of gelatine; when the pie is baked, pour this in and stand by until cool.

### BEEFSTEAK AND KIDNEY PIE.

One-and-a-half pounds of beefsteak.  
Half-pound of kidney.  
Salt and pepper.  
Half-pint of water.  
Three-quarters pound of rough puff pastry.

Cut the steak and kidney into thin slices, mix some flour on a plate with the salt and pepper, dip each piece of meat and kidney in this, and then roll the meat with the kidney inside; pile high in the dish, pour round the water, cover with the pastry. Cut out some leaves to ornament the top, and put the pie into a moderate oven, and bake for one-and-a-half to two hours. Have ready a little gravy, or hot water, to pour in when the pie is baked.

**KINGSWOOD PUDDING.**

Half-pound of bread-crumbs.  
Quarter-pound of flour.  
Half-pound of sugar.  
Quarter-pound of raisins.  
Quarter-pound of currants.  
Quarter-pound of candied-peel.  
Half-pound of suet.  
Two large apples.  
One ounce of sweet almonds.

Chop the suet finely, stone the raisins and pull in half, cut the peel into small pieces, and chop the almonds. Mix these ingredients well with the flour, bread-crumbs, and sugar. Peel and chop finely the apples (put the apple-pips in, as they impart a nice flavour). Mix all these things well together, and press into a paste. The juice of the apples, and the moisture from the raisins, will make it adhere without either eggs or milk; press it well into a buttered mould, and boil for eight hours. This is a delicious pudding. It may be made, boiled, and kept for some weeks, boiling it again the day that it is wanted. It is a capital stock pudding to keep in the house, and never fails to please.

**CASSEL PUDDING.**

Quarter-pound of sugar.  
Quarter-pound of flour.  
Quarter-pound of butter.  
Two eggs.

Beat the butter to a cream, sift in the powdered sugar, beating all the time, then the yolks of the eggs beaten, and then the whites which have been whipped to a stiff froth, and last of all the flour, which must be slowly sifted in. Put this mixture into buttered cups, and bake for fifteen or twenty minutes. These puddings may be served either hot or cold, with sifted sugar and sherry.

**APPLE PUDDING.**

One pound of apples.  
Quarter-pound of bread-crumbs,  
One ounce of butter.  
Two ounces of sugar.  
Two tea-spoonfuls of lemon-juice.

Peel, core, and slice the apples thinly, butter a pie-dish, and put in a layer of bread-crumbs, then one of sliced apples, sprinkle well with sugar and lemon-juice, then another layer of bread-crumbs, and continue in this way until the dish is full. Put the butter in small pieces on the top of the pudding, and bake in a moderate oven for twenty or twenty-five minutes. This pudding may be served plainly, or turned out and a boiled custard poured round.

**TADWORTH PUDDING.**

Two ounces of suet.  
Two ounces of bread-crumbs.  
Two ounces of sugar.  
Half-tea-spoonful of grated lemon-rind.  
One gill of milk.  
One egg.

Chop the suet finely, and mix the dry ingredients thoroughly; make into a light dough, with the egg and milk; turn it into a well-buttered basin, and steam for one hour; turn carefully out, and serve with sherry.

**MARMALADE PUDDING.**

Half-pound of suet.  
Half-pound of bread-crumbs.  
Half-pound of sugar.  
Half-pot of marmalade.  
Two eggs.  
One lemon.

Chop the suet finely, and mix with the bread-crumbs and sugar, add a pinch of salt and the rind of one lemon, put in the marmalade, beat the eggs, and mix all well together; pour into a buttered mould, and boil for three hours. Serve with sifted sugar and sherry.

## PASTRY.

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### GENERAL CRUST.

One pound of flour.  
Four ounces of butter.  
Five ounces of lard or dripping.  
Half-pint of water.  
One tea-spoonful of lemon-juice.

Sift the flour into the basin, rub in three ounces of the lard or dripping, mix the lemon-juice and water, and with this make the flour into a light paste; roll the butter and the rest of the lard into thin sheets, roll the crust out thinly, put on a layer of butter and lard, fold the crust into three, roll out again, and lay on the rest of the butter and lard, fold again into three and roll out. It is then ready for use, or it may stand by for an hour in a cool place.

### PUFF PASTRY.

One pound of flour.  
One pound of butter.  
Half-pint of water.  
Two tea-spoonfuls of lemon-juice.

Sift the flour on to the board, make a hole in the centre, and put in the lemon-juice, stir it with the finger and add by degrees the water, and make it into a light paste. It should be about the same consistency as the butter. Work it well about on the board; then take the



butter and press it well in a clean cloth, to extract all the water, and make it into a square cake; roll out the pastry, place the butter in the centre, fold the pastry over it and let it lie by for ten minutes; then roll it carefully out into a long thin strip, fold it into three and put it by again for ten minutes. It must be rolled out seven times, putting it by between each roll for ten or fifteen minutes. Always roll one way, lift the rolling pin constantly, and use only just enough flour to prevent the crust sticking to the board. If it does stick pass a thin knife under it, don't attempt to pull it away. Puff pastry requires care and attention in making. Always make it in the coolest possible place, and be careful that the butter does not come through when it is rolled; if it does, the crust is spoilt. When rolling the pastry turn the open ends towards you. If this pastry is to be used for oyster, meat, or jam patties roll the paste out half-an-inch in thickness, dip a paste-cutter in hot water, and cut into rounds. Take another cutter several sizes smaller, and cut about half through the pastry. When the patty is baked this can be removed, and the space filled with jam or forcemeat.

### ROUGH PUFF PASTRY.

One pound of flour.  
Ten ounces of butter.  
Half-pint of water.

Sift the flour into a basin, put in the butter, and just cut it through a few times with a knife, then mix it into a dough with the water, roll it out five times; flour the board when you turn the doughout, roll it into a long thin strip, and fold it into three. Turn the open edge towards you when you begin to roll it again. Roll lightly, and lift the rolling pin constantly. It is ready for use directly it is made, or it may stand by in a cool place for an hour.

### SHORT CRUST.

One pound of flour.  
Ten ounces of butter.  
One-and-a-half gills of water.  
One tea-spoonful of lemon-juice.

Sift the flour into a basin, and rub the butter thoroughly in; mix the lemon-juice and water together, and with this work it into a light dough. Roll out once, and it is ready for use.

### GENOESE PASTRY.

Eight ounces of castor sugar.  
Seven eggs.  
Six ounces of flour.  
Five ounces of butter.  
Half-pound of jam.

Put the eggs and sugar into a large basin, sift the flour, and put the butter into a saucepan to dissolve; line a baking-sheet with kitchen paper, and rub it all over with the dissolved butter. Place the basin containing the eggs and sugar over a saucepan half full of hot water; whisk it well for twenty minutes, then place the basin on the table, pour in the warm butter, and then sift in the flour. Pour the mixture into the lined baking-sheet, put into a moderate oven, and bake for about twenty minutes, or until it is a pale brown and feels firm. While it is baking, put the jam into a saucepan and let it get quite warm; lay a piece of paper on the table and sprinkle it well with castor sugar. When the pastry is done, turn it out, the brown side on the paper; carefully remove the greased paper as quickly as possible, and spread the jam evenly over it, and roll it up, or else cut it in half, fold it over, and cut it into squares; when it is cool it is ready for serving. This may also be baked in a plain or fancy mould as a cake.

## SWISS ROLL.

Two eggs.  
Two ounces of butter.  
The weight of the eggs in sugar and flour.  
Half-tea-spoonful of baking powder.  
Half-pound of jam.  
One table-spoonful of milk.

Beat the butter and sugar to a cream ; then put in one egg and half the flour, then the other egg and the rest of the flour, then the milk and the baking powder. Line a baking-sheet with well-greased kitchen paper, pour in the mixture, and bake until a pale brown and set. While it is baking, warm the jam ; when the roll is done, turn it on to a piece of paper well sprinkled with sugar, spread the jam over and roll it up quickly.

## CHANTILLY TARTLETS.

Half-pound of short crust.  
One pint of milk.  
Two table-spoonfuls of flour.  
Quarter-pound of castor sugar.  
Six eggs.  
Two ounces of butter.  
Two ounces of ratafia-crumbs.  
Apricot jam.

Line some patty-pans with short crust and half fill them with jam, and bake them ; then put the sugar and flour into a stewpan, and with the pint of cold milk make into a batter ; beat up the eggs and add them, and stir over the fire until it thickens like custard ; stand it on one side to cool, then fill the patty-pans with this, laying it on top of the jam. Put the butter into a small stewpan and mix in the ratafia-crumbs ; when this is cold, put a layer of this on top, and hold a salamander over for a few minutes to brown them. To be eaten cold.

**LEMON CHEESECAKES.**

One pound of loaf sugar.  
Quarter-pound of butter.  
Six eggs.  
Three lemons.

Put the butter and sugar into a saucepan, beat the yolks of four and two whole eggs and add to the butter and sugar ; grate over them the rinds of the lemons and squeeze in the juice. Stir it over a slow fire until it is of the consistency of cream ; turn into a basin, and when the mixture is cold, it may be put into gallipots and tied down the same as jam. It will keep good some time. A few ratafia or macaroon crumbs may be stirred into it when using.

**PLAIN CHEESECAKES.**

Half-pint of milk.  
Eight ounces of bread-crumbs.  
Three ounces of butter.  
Three ounces of sugar.  
Three eggs.  
Three ounces of sultanas.  
One table-spoonful of brandy.

Pour the milk boiling on to the bread-crumbs, and let them soak until they are cold. Then add the butter melted, the sugar, and sultanas, beat the yolks of two eggs and one whole egg with the brandy, and stir them with the other ingredients. Half-fill the patty-pans, which have been lined with short paste, and bake for fifteen or twenty minutes.

## OMELETTES AND SOUFLÉES.

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### SWEET OMELETTE.

Two eggs.  
One ounce of castor sugar.  
Two table-spoonfuls of jam.  
One ounce of butter.

Put the yolks of the eggs into a basin, and work them for a few minutes with a spoon ; put the whites on to a plate, and whisk to a stiff froth with some sugar ; put the jam on a plate, and make it quite hot ; place the butter into a small clean frying-pan ; when it is dissolved, mix the yolks and whites of the eggs together, and pour this mixture into the frying-pan ; form it with a spoon into an oval shape, and cook over the fire for three minutes ; then hold the pan in front of the fire, or put it in the oven to lightly brown the top of the omelette. Pass a thin knife round the pan, and slip the omelette on to the jam ; sprinkle some castor sugar over it, and serve instantly.

### SAVOURY OMELETTE.

Three eggs.  
One tea-spoonful of parsley or ham.  
One ounce of butter.  
Salt and pepper.

Put the butter into a small frying-pan ; when it is dissolved put in the parsley or ham ; beat the eggs for two or three minutes ; season with pepper and salt, and pour them

into the frying-pan. Work them about with a fork, and when they begin to set work them into an oval shape ; cook them for two minutes ; hold the pan in front of the fire to cook lightly on the upper side. Turn on to a hot plate, and serve instantly.

### RICE SOUFFLÉE.

Two ounces of rice.  
One pint of milk.  
Four eggs.  
One lemon.  
Three ounces of sugar.

Put the milk into a clean stewpan, and when it boils wash the rice well and sprinkle it in ; stir until the rice is well cooked, then turn into a basin ; grate in the rind of the lemon, add the sugar and mix in (one at a time) the yolks of four eggs, whisk the whites to a stiff froth with a little sugar and stir these lightly in. Well butter a mould, and sprinkle it with sugar and brown bread-crumbs, put in the soufflée and bake in a moderate oven for thirty minutes or until it is firm and brown ; turn carefully on to a hot dish and pour round it some wine sauce.

### VANILLA SOUFFLÉE.

Four eggs.  
One-and-a-half ounces of butter.  
One ounce of sugar.  
One gill of milk.  
One tea-spoonful of vanilla.  
One ounce of flour.

Put the butter into a clean stewpan, and when it is dissolved put in the flour, and mix well ; add the milk, and stir until it boils ; let it boil for three minutes ; then stand the saucepan on the table and put in the sugar, then the yolks of three eggs (one at a time), then the vanilla ; put the whites of the eggs into a basin, and whisk to a stiff froth ; stir these lightly in. Well butter a plain mould, and

line up with kitchen paper, which must also be well greased; pour the mixture in, cover over with a piece of greased paper, and stand in a saucepan of boiling water (the water should only reach half-way up the mould); steam for one-and-a-quarter hours. Turn quickly on to a hot dish, pour some wine sauce round, and serve instantly.

### CHEESE SOUFFLÉE.

One ounce of butter.  
One ounce of flour.  
Twenty peppercorns.  
One gill of milk.  
Three eggs.  
Three ounces of cheese.

Fry the peppercorns in the butter; strain the butter into a clean stewpan, and put over the fire; then stir in the flour, and make a smooth sauce with the milk; add the yolks of two eggs and the cheese; beat the whites of three eggs to a stiff froth with a pinch of salt; stir these in, put it in a well-buttered mould, and bake for twenty minutes, pin a fancy paper round the tin, and serve instantly.

### APRICOT SOUFFLÉE.

Half-pint of apricot purée.  
One gill of milk.  
One ounce of butter.  
One ounce of flour.  
Four eggs.  
One-and-a-half ounces of sugar.

Put the butter into a stewpan, and when it is dissolved stir in the flour; add the milk, and make a very smooth sauce; put in the sugar; add the yolks of three eggs (one at a time), then the apricot purée; beat the whites of the eggs to a stiff froth, and stir them lightly in. Well butter a plain mould, and line it up with kitchen paper; pour the mixture in, and place it in a saucepan of boiling water (the water should be half-way up the mould), and steam for one-and-a-quarter hours, turn it quickly on to a hot dish, and pour round it some apricot sauce, and serve instantly.

**PINEAPPLE SOUFFLÉE.**

Half-tin of pineapple.  
One gill of milk.  
One ounce of butter.  
One ounce of flour.  
One-and-a-half ounces of sugar.  
Four eggs.

**For the sauce :**

Two ounces of pineapple.  
One ounce of sugar.  
One gill of water.  
Half-gill of sherry.  
One tea-spoonful of corn-flour.  
A few drops of cochineal.

First of all prepare a mould by dipping the paste-brush into some warm butter and thoroughly greasing the inside ; take a piece of kitchen paper, tie it about three inches above the tin on the outside, and well grease that too. Put the butter into a stewpan, and when it is dissolved, stir in the flour ; when that is quite smooth add the milk, and stir until it boils, then let it cook for two or three minutes. Remove the saucepan from the fire, stand it on the table, put in the sugar and then the yolks of three eggs, stirring each one in separately ; cut the pineapple into small pieces and put that in. Put the whites of four eggs into a large basin with a little sugar and whisk them to a very stiff froth ; stir these lightly into the foundation of the soufflée ; turn into the mould and stand in a saucepan of boiling water (the water should only reach half-way up the mould), cover over with a piece of paper, and steam for one hour-and-a-quarter. Turn it on to a hot dish and serve immediately, with the sauce poured round, made as follows : Put the pineapple cut into small pieces into a small stewpan with the sugar, half a tea-spoonful of lemon-juice and water, and let it boil for five minutes ; mix the corn-flour smoothly with a little cold water, and pour that in and stir until it boils ; let it boil for a few minutes, then put in the cochineal and sherry, strain, and pour round the soufflée.



**APPLE SOUFFLÉE.**

Two pounds of apples.  
Quarter-pound of castor sugar.  
One pint of milk.  
Three eggs.  
Lemon-peel.

Peel and core the apples and place them in a saucepan with the apple-pips, lemon-peel, butter, and sufficient water to cover the bottom of the saucepan ; boil them until soft enough to rub through a wire sieve ; then take them up, rub them through a sieve into a basin, make a custard with the yolks of the eggs and the milk, mix the custard and apples together and sweeten them ; whip the whites of the eggs to a stiff froth, and when you have arranged the apples and custards on a glass dish, heap the whites on the top and sprinkle with castor sugar ; the whites of the eggs may be flavoured with vanilla.

## JELLIES AND CREAMS.

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### BAVARAIS OF COFFEE.

Half-gill essence of coffee.  
One ounce of gelatine.  
Four eggs.  
One gill of milk.  
Two ounces of sugar.  
Half-pint of cream.

Make a boiled custard of the milk and yolks of the eggs and let it get cool ; whip the cream until it is quite stiff, dissolve the gelatine in half-a-gill of water, mix together the coffee, sugar, and custard, then add the cream ; mix well together, strain in the gelatine, decorate the mould with red jelly, pour in the cream and let it stand until it is cold and set, then dip the mould in hot water, shake it, and turn on to a glass dish.

### CORN-FLOUR BLANCMANGE.

One pint of milk.  
One-and-a-half ounces of sugar.  
One-and-a-half ounces of corn-flour.  
Half-tea-spoonful of vanilla.

Put the milk in a clean saucepan with the sugar ; mix the corn-flour into smooth paste with a little cold milk ; when the milk is nearly boiling pour this in and continue stirring until it boils ; let it boil five minutes, then add the flavouring, and pour into a mould which has been dipped in cold water. Let it stand in a cool place until set, dip the mould into hot water and turn carefully into a glass dish.

### GÂTEAU OF APRICOTS.

One tin of apricots.  
One ounce of gelatine.  
Two ounces of sugar.  
One tea-spoonful of lemon-juice.

Rub the apricots through a sieve, put in the lemon-juice and sugar, dissolve the gelatine in half-a-gill of water, and strain into the apricots. Decorate a mould with dried cherries and angelica, pour in the gâteau, and let it stand until it is cold and set. When you wish to turn it out, dip the mould in warm water, shake it and turn carefully on to a glass dish.

### VANILLA CREAM.

Half-pint of milk.  
Four eggs.  
Half-pint of cream.  
Two ounces of sugar.  
One tea-spoonful of vanilla.  
One-and-a-half gills of red jelly.  
One ounce of gelatine.

Make a custard of the eggs and milk, and let it get nearly cold, whip the cream, and mix these together ; add the sugar and vanilla ; dissolve the gelatine in half-a-gill of water, strain that in, stir gently until nearly cold, and pour into a mould which has been decorated with red jelly.

### VELVET CREAM.

One pint of cream.  
One ounce of gelatine.  
One gill of honey.  
Two ounces of castor sugar.  
One lemon.  
One gill of sherry.

Put the gelatine in half-a-gill of water to dissolve. Whip the cream until it is quite stiff, add to this the honey, castor sugar, and the juice of the lemon, then the sherry ; when the gelatine is quite dissolved, strain that in. Put into a mould which has been decorated with red jelly.

**LEMON JELLY.**

Two quarts of water.  
Quarter-pound of gelatine.  
One pint of wine.  
Half-pint of lemon-juice.  
Rind of eight lemons.  
One pound of loaf sugar.  
Four whites and two shells of eggs.  
Four cloves.

Put all these ingredients into a large clean saucepan and whisk until it is just on the boil, but on no account after it has boiled ; draw it on one side of the fire and let it stand where it will keep hot, but not boil, for twenty minutes. Tie a kitchen cloth over a chair or jelly-stand, run some boiling water through it, then turn the whole contents of the saucepan into the cloth ; change the basin immediately, as the first few drops will not be clear. Unless a very brilliant jelly is desired, it is only necessary to strain it once if it has been carefully prepared. It may be moulded with fresh or dried fruits, or the mould partly filled with red jelly ; jellies should always be put into a wet mould.

**PORT WINE JELLY.**

Half-pint of port.  
Four sheets of gelatine.  
One lemon.  
One ounce of sugar.  
A few drops of cochineal.

Put the wine, gelatine, juice of one lemon, and peel of half a lemon with the sugar into a saucepan ; when it is dissolved strain it through a hair sieve into a wet mould ; if not a good colour, add a few drops of cochineal.

**PRINCESS JELLY.**

One pint of lemon jelly.  
Two sheets of gold or silver leaf.  
One gill of wine.

This is a very elegant dish and very easily made. Take the lemon jelly while it is warm, add a little wine to it, then

very carefully open a book of gold leaf and turn two leaves into the jelly ; stir with a spoon until it is nearly cold, then put into a wet mould and continue moving about until the jelly begins to set ; then stand by in a cool place. The mould does not require to be decorated, one jelly of gold leaf and one of silver looks very pretty on the table.

### CHARLOTTE RUSSE.

Half-pint of cream.  
One ounce of sugar.  
Half-ounce of gelatine.  
Half-tea-spoonful of vanilla.  
Some finger biscuits, dried cherries and angelica.

Take a plain mould, decorate the bottom with the cherries and angelicas, and a little red jelly if you like ; line the sides of the mould with finger biscuits, put the gelatine into a small saucepan to dissolve with half-a-gill of cold water. Whip the cream, sweeten and flavour it, stir in the gelatine ; when it has quite dissolved, turn into the decorated mould, and stand by until cold and set. The mould for a Charlotte Russe should be used dry ; if jelly is used for decorating the bottom, wet only the bottom of the mould. If the biscuits are carefully placed it will turn out well.

### ASPIC JELLY.

One quart of water.  
Twenty-five sheets of gelatine.  
One onion.  
Six cloves.  
One carrot.  
A little celery and turnip.  
One bouquet garni.  
Whites and shells of two eggs.  
Twenty peppercorns.  
One gill of plain and tarragon vinegar.  
One-and-a-half gills of sherry.  
Salt.

Put the water into a good-sized clean stewpan, add the gelatine, an onion stuck with six cloves, the vegetables

sliced up, bouquet garni, whites and shells of two eggs, vinegar, peppercorns, sherry, and salt ; put the stewpan on the fire, and whisk until it is very hot, but on no account after it boils: When it has well boiled up, draw it on one side and let it stand for twenty minutes, then strain it through a kitchen-cloth ; if a brilliant jelly is desired, strain twice.

A very pretty mould of aspic jelly may be made with lobster coral, hard-boiled eggs, and little pieces of water-cress, endive, etc. ; or it may be moulded in a plain cup mould, with plovers' eggs.

#### BLANCMANGE.

One quart of milk.

One gill of cream.

Two ounces of sugar.

One tea-spoonful of vanilla.

One ounce of gelatine.

Put the gelatine in the milk, and when it is dissolved stir in the sugar, cream, and flavouring. When nearly cold turn into a decorated mould.

## BREAD AND CAKES.

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### SPONGE CAKES.

Ten ounces of sugar.

Six ounces of flour.

Five eggs.

One lemon.

Beat the yolks of the eggs in a basin and the whites on a plate to a stiff froth ; mix well together with the whisk, and then put in the grated rind of the lemon and sift in the sugar ; continue beating one way, till the mixture becomes thick and white. Line two cake-tins with buttered paper, which must come much higher than the tin ; the flour must now be lightly stirred in with a wooden spoon. Half fill the tins with the mixture, and bake in a very steady oven for one hour.

### CUP CAKE.

Two cups of flour.

One cup of sugar.

One cup of currants.

One cup of sultanas.

One cup of candied-peel.

One cup of milk.

Half-cup of butter.

Two tea-spoonfuls of cream of tartar.

One tea-spoonful of soda.

Three eggs.

Beat the butter to a cream and add the sugar, then the eggs ; put the cream of tartar into a cup with the milk, stir

in the soda until it froths, then mix it with the butter, etc.; stir in the flour gradually, then the fruit and peel, and mix thoroughly. Put it into a well-buttered tin and bake for one hour or more.

### GINGER CAKE.

One pound of flour.  
Half-pound of butter.  
Half-pound of sugar.  
Two tea-spoonfuls of baking powder.  
Quarter-pound of candied-peel.  
One table-spoonful of ground ginger.  
Four eggs.  
One gill of milk.

Sift the flour into a basin, rub the butter lightly in, stir in the sugar, candied-peel (cut finely), and ginger, then the baking powder; beat up the eggs and mix them with the milk; mix the dry ingredients with these into a light mixture, place in a well-greased tin, and bake in a moderate oven for an hour-and-a-half.

### QUEEN CAKES.

One pound of flour.  
One pound of butter.  
One pound of sugar.  
Half-pound of currants.  
Quarter-pound of candied-peel.  
Eight eggs.

Beat the butter to a cream, add the sugar, then the eggs (one at a time), then the currants and peel, and the flour; beat all well together; butter some small tins, half fill with the mixture, and bake in a moderate oven for fifteen or twenty minutes according to size; turn out carefully, and stand on a sieve until cool.



**SULTANA SCONES.**

One pound of flour.  
Two tea-spoonfuls of baking powder.  
Three ounces of butter.  
One ounce of sugar.  
Two ounces of sultanas.  
Half-pint of milk.  
Salt.

Sift the flour into a basin, and add a pinch of salt, rub the butter lightly in and stir in the sugar, then the sultanas, and last of all the baking powder. Mix into a dough with half-pint of milk, turn on to a floured board, and divide into eight pieces, put at once into the oven, and bake for fifteen minutes; just before they are done, brush them over with milk; place them on a sieve till cold.

**HOT TEA-CAKES.**

One pound of flour.  
Two eggs.  
Two tea-spoonfuls of baking powder.  
Half-pint of milk.  
Two ounces of butter.  
Salt.

Sift the flour into a basin, add a little salt, rub in the butter, and stir in the baking powder; make a hole in the centre of the flour, drop in the eggs, make the milk tepid and pour on to them, and make into a light dough; turn on to a floured board, and shape into small flat cakes, place on a buttered tin, and bake for twenty minutes. Cut them open, butter well and serve hot.

**SHORTBREAD.**

Half-pound of flour.  
Four ounces of butter.  
Two ounces of castor sugar.

Sift the flour into a basin, and add the sugar. Warm the butter in a small stewpan, and when it is dissolved

pour it on the flour and work into a paste ; turn it on to a lightly floured board, and work it out with a rolling pin about a quarter-inch thick. Cut it out then with a pastry-cutter, put it on a floured tin, and bake a very pale brown.

### RICE BUNS.

Quarter-pound of ground rice.  
Quarter-pound of flour.  
Half-tea-spoonful of baking powder.  
Three ounces of butter.  
Three ounces of sugar.  
Two eggs.  
Half-gill of milk.

Mix the rice, flour, and baking powder together, cream the butter and sugar together ; then add one egg and half the rice and flour, beat well, and then put the other egg and milk, then the rest of the rice and flour ; beat well, put it into small buttered tins (they should only be half full), and bake in a moderate oven until they are a golden brown. Turn on to a sieve to cool.

### MILK ROLLS.

One pound of self-raising flour.  
Half-pint of milk.  
One-and-a-half ounces of butter.  
Salt.

Sift the flour into a basin and add the salt ; rub in the butter and make into a dough with the milk. Turn on to a floured board ; shape into rolls and twists ; put on to a floured tin and place in the oven directly ; brush over with milk when nearly baked, and return to the oven. The oven should be moderately hot, and the rolls should be baked twenty minutes. Place on a sieve till cold.

**VIENNA BREAD.**

One pound of flour.  
Half-ounce of yeast.  
Half-pint of milk.  
One ounce of butter.  
Salt.  
One small tea-spoonful of sugar.

Sift the flour and salt into a basin, dissolve the butter in a small stewpan, and add the milk, and let it get tepid. Cream the yeast and sugar together; pour on the warm milk and butter, and strain into the flour; work quickly into a light dough; flour a clean basin, put in the dough, cover it over with a piece of kitchen paper or a cloth, and stand it in a warm place for one-and-a-half hours; turn it then on to a floured board, and knead well for fifteen or twenty minutes. Make it then into small rolls, or put it into small floured tins; cover it over, and let it stand for ten minutes in a warm place; then put it into a steady well-heated oven, and bake for fifteen minutes, or longer, according to the size of the rolls. It should be brushed over with milk just before it is finished. Run a small clean skewer in, if it comes out bright the bread is done. Turn it carefully on to a sieve, and leave it to cool. It should not be put into a cold place until it has been out of the oven for some time.

**OATMEAL BISCUITS.**

Three ounces of butter.  
Six ounces of flour.  
Five ounces of oatmeal.  
Quarter-of-a-pound of sugar.  
One tea-spoonful of baking powder,  
One table-spoonful of milk.  
One egg.

Rub the butter into the flour, mix in the oatmeal and sugar and baking powder; beat the egg and milk, and mix the dry ingredients with these into a stiff paste; roll out very thin, cut into biscuits, and bake in a slow oven.

**KINGSWOOD CAKES.**

Three penny sponge cakes.  
Quarter-pound of strawberry jam.  
Half-pint of boiled custard.  
Little red jelly.

Cut open the sponge cakes, and spread with jam ; put them into a glass dish and pour round the custard ; chop some red jelly finely and put it on the top of cakes ; whip the whites of the eggs saved from the custard to a stiff froth and put round the cakes.

**YORKSHIRE TEA-CAKES.**

Three-quarters of a pound of flour.  
One-and-a-half gills of milk.  
One ounce of butter.  
One egg.  
Half-ounce of German yeast.  
One dessert-spoonful of sugar.

Sift the flour into a basin, and make a hole in the centre ; drop into this the egg unbeaten. Warm the butter and milk (it should be tepid). Cream the yeast and sugar in a small basin, and pour on the warm milk and dissolved butter ; strain these on to the flour and egg, and work all into a light dough ; beat it well, and turn on to a floured board ; divide into two pieces, shape into a round cake, and place in a small well-buttered tin. Cover the tin with a piece of kitchen paper, and stand in a warm place for an hour, or until the cake has risen to the top of the tin. Bake in a moderate oven for twenty minutes ; just before it is done take it out of the oven, and brush over with milk, and replace in the oven. When it is baked enough, turn carefully out, and place on a sieve until cold.

## SCONES.

One pound of flour.  
Half-pint of milk.  
Two ounces of butter.  
Half-ounce of cream of tartar.  
Quarter-ounce of carbonate of soda.  
One ounce of sugar.  
Salt.

Sift the flour and cream of tartar into a basin; rub in the butter and sugar. Make milk tepid. Put the soda in a small basin and mix it smoothly with a little milk, then add the rest of the milk and pour on to the flour; make into a dough; turn on a floured board; divide into eight pieces and bake in a floured tin for fifteen minutes; brush over with milk, and they are ready to serve.

## TIPSY CAKE.

One sponge cake.  
Half-pint of sherry.  
One ounce of sweet almonds.  
One pint of good boiled custard.

Choose a high stale sponge cake, pour the sherry over this, and let it soak all night. Make a pint of good boiled custard, flavoured with vanilla or lemon. Blanch the almonds, cut them into quarters, and stick them all over the cake. When the custard is cool pour it round the cake. This may be decorated with dried cherries or angelica.

**BISCUITS.**

Half-pound of flour.  
One tea-spoonful of baking powder.  
Two ounces of butter.  
Two ounces of sugar.  
Two eggs.  
Salt.

Sift the flour into a basin, add a pinch of salt, rub in the butter and sugar, and with the eggs make it into a stiff paste. Turn on to a floured board and roll out very thin; cut them with a pastry-cutter into small round biscuits, and bake in a moderate oven a light brown.

**CORN-FLOUR BUNS.**

Quarter-pound of corn-flour.  
Quarter-pound of flour.  
Three eggs.  
Three ounces of butter.  
Three ounces of sugar.  
Half-tea-spoonful of baking powder.

Mix the corn-flour, flour, and baking powder together, cream the butter and sugar, put in one egg, then some corn-flour, etc., then another egg, and some more corn-flour; beat well, add the other egg and corn-flour; put in small well-buttered tins and bake in a moderate oven till a golden brown; turn on to a sieve to cool.

**GINGERBREAD CAKE.**

One-and-a-half pounds of flour.  
One pound of butter.  
Three-quarters-pound of sugar.  
Three-quarters-pound of treacle.  
Two ounces of ginger.  
One ounce of spice.  
Two tea-spoonfuls of baking powder.  
Eight eggs.

Beat the butter to a cream, add the sugar and the eggs (one at a time); then the treacle, ginger, and spice; mix the baking powder with the flour, and stir lightly in; place in a well-buttered tin, and bake for two hours.

### SHREWSBURY CAKES.

Quarter-pound of butter.  
Quarter-pound of sugar.  
Six ounces of flour.  
One tea-spoonful of lemon-rind.  
One egg.

Put the butter and sugar together in a basin, and beat them to a cream ; add the egg and lemon-rind, stir in the flour, and make into a smooth paste ; turn on to a floured board, and roll out thinly ; cut out with a pastry-cutter, put on to a buttered tin, and bake until a very light brown ; place them on a sieve until cold, and they are then ready.

### SULTANA CAKES.

One pound of flour.  
Half-pound of butter.  
Half-pound of sugar.  
Half-pound of sultanas.  
Quarter-pound of candied-peel.  
Two tea-spoonfuls of baking powder.  
Four eggs.  
One gill of milk.

Sift the flour into a basin, rub in the butter, stir in the sugar, sultanas, peel, and baking powder, beat up the eggs and milk, strain into the dry ingredients, and mix thoroughly ; well butter a tin, pour in the cake, and bake in a moderate oven for two hours ; turn out of the tin carefully and place on a sieve until cold.

## SAVOURIES.

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### D'ARTOIS PARMESAN.

Quarter-pound of puff paste.  
Two yolks and one white of egg.  
Three ounces of Parmesan cheese.  
One ounce of butter.  
Salt and cayenne to taste.

Beat the eggs in a basin, melt the butter, and add that and the seasoning, then stir in the cheese. Roll out the pastry very thin, cover with the mixture, and lay another piece of very thin paste on the top ; brush over with egg, cut out with a paste-cutter, and bake in a hot oven ten minutes.

### SARDINE TOAST.

Make some nice toast, butter it, and spread over some anchovy paste ; take a sardine, cut it in half, bone it, and curl half in centre of each toast ; put a small leaf of parsley in each.

### ANCHOVY TOAST.

Two eggs.  
Two ounces of butter.  
One dessert-spoonful of anchovy sauce.  
One tea-spoonful of Worcester sauce.  
Pepper to taste.

Take a very hot plate, and melt on it the butter, then add the yolks of two eggs, and stir them well together ; add the sauce and pepper, stirring well all the time. Have ready some hot, crisp, buttered toast arranged in a pyramid ; pour this sauce all over it, and serve at once.



**STUFFED EGGS.**

Six whites of eggs.  
Twelve croutons of bread.  
Three ounces of forcemeat.

This is a useful and pretty dish. It should be made after the potted eggs, as you only require the whites of the eggs, and those left from the potted eggs will do. Cut the eggs in half, carefully wash the whites well, and keep them in water until you are ready to use them ; cut some bread into small round shapes with a paste-cutter, fry them in hot fat a golden brown, stand each half white on a crouton of bread, and fill them with some forcemeat made of chicken or veal. A Pompadour dish may be made by filling some with anchovy paste, and some with dressed spinach.

**POTTED EGGS.**

Six eggs.  
Two ounces of butter.  
One tea-spoonful of anchovy sauce.  
Pepper to taste.

Boil the eggs hard by directions already given, put them into a basin of cold water ; when cold remove the shells, cut the eggs in half, take out the yolks, and put them into a mortar, with one-and-a-half ounces of butter, the anchovy sauce, and pepper ; pound well until thoroughly mixed. Then put into small pots, dissolve the half-ounce of butter, and run it well over the top to keep out the air. This is a delicious relish for breakfast and luncheon, and will keep good two or three days.

**POTTED MEAT.**

One pound of lean steak.  
Quarter-pound of butter.  
Half-tea-spoonful of spice.  
Salt and pepper.

Take a nice lean piece of steak, put it into a dish and cook it well in the oven in its own juice, then cut it into

small pieces, and put it into the mortar with the butter and seasoning, and pound well. When it is thoroughly mixed and pounded, put it into small pots, and run some dissolved butter over it. If this meat is to be eaten soon after it is made, the gravy that ran from it in cooking may be added when it is put into the mortar. If it is for keeping, add more butter and no gravy.

### EGGS À L'AURORA.

Four eggs.  
Half-pint of milk.  
Half-ounce of flour.  
One-and-a-half ounces of butter.  
Three ounces of grated cheese.  
Anchovy or tomato sauce.  
Pepper and salt.  
Croutons of fried bread.

Boil the eggs very hard, and when cold shell them and separate the yolks from the whites; take the whites and cut them into small pieces. Make a sauce of the milk, butter, and flour, season it nicely, and flavour with two tea-spoonfuls of tomato, or one tea-spoonful of anchovy sauce. Arrange the bread in a circle on a plate, and in the centre put first a layer of white of egg, then one of cheese, then one of sauce, and continue until all is used up; rub the yolks of the eggs through a wire sieve on to the top; divide into quarters with some croutons of bread, and it is ready to serve.

### SAVOURY TOAST.

One dessert-spoonful of anchovy sauce.  
One dessert-spoonful of Worcester sauce.  
One dessert-spoonful of cream.  
One tea-spoonful of vinegar.  
One yolk of egg.

Mix these ingredients in a saucepan over a slow fire; then throw in a handful of cold boiled French beans, finely sliced, mix well, and spread over some rounds of hot buttered crisp toast.

## SAUCES.

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### APRICOT SAUCE.

Three apricots.  
One tea-spoonful of lemon-juice.  
One ounce of sugar.  
A few drops of cochineal.  
One gill of water.

Boil all these ingredients together for ten minutes ; rub through a sieve ; return to a saucepan, and make it quite hot. It is then ready for serving.

### WINE SAUCE.

One gill of sherry.  
One ounce of sugar.  
One table-spoonful of jam.  
One tea-spoonful of lemon-juice.  
One tea-spoonful of corn-flour.  
One gill of water.

Put the water, sugar, and jam into a small stewpan ; mix the corn-flour with a little cold water, and add this with the lemon-juice and sherry. If the sauce is not a good colour, put a few drops of cochineal ; boil together for five minutes, and strain. It is then ready.

**GERMAN WINE SAUCE.**

Two eggs.  
One gill of sherry.  
One ounce of sugar.

Put the yolks of the eggs into a small saucepan with the sugar and sherry; whisk well until the eggs thicken. It is then ready to serve.

**MAYONNAISE SAUCE.**

Two eggs.  
One-and-a-half gills of salad oil.  
One table-spoonful of vinegar.  
Salt.

Put the eggs into a basin and whisk well, add the oil drop by drop, and stir the sauce until it is very thick, then put in the vinegar very slowly, and it is ready.

**BREAD SAUCE.**

Quarter-pound of bread-crumbs.  
Half-pint of milk.  
Two ounces of butter.  
Pepper, salt, and a little mace or cinnamon.

Put the bread-crumbs into a small clean stewpan; put the milk into another saucepan, with the mace and seasoning; when this boils, pour it on the bread-crumbs, put in the butter, and beat well together. When the butter is dissolved and the sauce is well mixed, it is ready.

**PARSLEY AND BUTTER SAUCE.**

Half-pint of water in which meat was boiled.  
Half-pint of milk.  
One ounce of flour.  
One table-spoonful of parsley.  
One-and-a-half ounces of butter.  
Salt.

Put the butter in a small stewpan, and when it is dissolved put in the flour and mix well, pour in the liquor and milk, and make a smooth sauce, chop the parsley finely, and put that in last, with salt to taste. It is then ready.

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### GOOD BROWN SAUCE.

One carrot.  
One onion.  
One turnip.  
One bouquet garni.  
One rasher of bacon.  
One tomato.  
One ounce of flour.  
One ounce of butter.  
Ten peppercorns.  
Three cloves.  
Pepper and salt.  
One pint of stock.

Put the butter in a stewpan, and when it is dissolved, cut the bacon and vegetables into dice and fry them a good brown; then add the flour, and when that too is quite brown, add the stock and seasoning; stir until it boils, and let it simmer well for one hour, then strain, and it is ready for use. This sauce may be varied in many ways, sometimes with a pinch of curry powder; again with a tea-spoonful of vinegar (which will make it a piquante sauce), or with bones and trimmings of any kind of poultry.

### BROWN SAUCE.

One onion.  
One carrot.  
One turnip.  
One bouquet garni.  
One ounce of flour.  
One ounce of butter.  
One pint of water.  
Salt and pepper.

Put the butter in a stewpan, and when it is dissolved, put in the vegetables cut into small pieces and fry a nice brown; stir in the flour, and work all about till it is of a good brown colour; then put in the bouquet garni and the seasoning, stir until it boils and let it simmer for three-quarters of an hour, then strain it off, and it is ready for use.

**WHITE SAUCE.**

One pint of milk.  
One ounce of flour.  
Two ounces of butter.  
Salt.

Put the butter into a clean stewpan, and when it is dissolved, put in the flour and mix smoothly with a wooden spoon, then add all at once the cold milk, and stir until it boils; let it boil for five minutes, stirring continually. It is then ready for use.

**MELTED BUTTER.**

One pint of water.  
Three ounces of butter.  
One ounce of flour.  
Salt.

Put half the butter into a stewpan, and when it is dissolved, put in the flour and mix smoothly; then add the cold water, stir it until it boils, and let it boil for three minutes; then take the saucepan from the fire, and put in the rest of the butter in small pieces; as soon as the butter is dissolved, it is ready for serving.

**PIQUANTE SAUCE.**

One pint of water.  
One ounce of flour.  
One ounce of butter.  
One onion.  
One carrot.  
Ten peppercorns.  
Half a turnip.  
Stick of celery.  
One bouquet garni.  
Half a gill of vinegar.  
Salt.

Put the butter into a stewpan; when it is dissolved slice in the onion and fry brown, put in the vinegar, and let it boil half away, stir in the flour, and mix well; then add the water, and stir until it boils; then put in the other ingredients, and let all simmer together for one hour; strain it carefully, put it back into a clean saucepan, make it hot, and it is ready. If stock is used instead of water it will make a superior sauce.

## ODDS AND ENDS.

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### FRIED BREAD.

Cut some slices of bread from a stale loaf, not more than a quarter of an inch thick ; cut this again into small dice. Put three ounces of lard into a small saucepan, and when it is hot, put in the bread, and fry a golden brown. Drain the fat away, and lay the bread on a piece of kitchen paper for a few minutes ; then place it on a dish paper, and serve.

### BOILED RICE.

Quarter-pound of rice.  
Three quarts of water.  
One salt-spoonful of salt.

Wash the rice well, put it into boiling water nicely salted, and boil very quickly for fifteen minutes. Turn into the colander and let cold water run on it for two or three minutes ; stand the colander on a tin and cover over with an old plate, put this on the stove, or in a cool oven, until it is quite dry ; shake from time to time and it will soon become perfectly dry. It is then ready for use:

### BOILED CUSTARD.

Four eggs.  
One pint of milk.  
Two ounces of sugar.  
Half-tea-spoonful of vanilla.

Put the milk and sugar into a saucepan, beat the yolks of the eggs in a basin, and when the milk boils pour it on to the eggs, whisking all the time. When well mixed strain it back into the saucepan, stand it over the fire, and whisk until the custard thickens, but do not let it boil. Pour it then into a clean basin, put in the flavouring, and stir until nearly cold ; then put it into custard cups, and if liked grate a little nutmeg on the top.

### SAVOURY CUSTARD.

One egg.  
One gill of beef tea.  
Salt.  
Quarter-ounce of butter.

Beat up a very fresh egg to a strong froth ; mix with it the beef tea and salt ; butter a gallipot, and strain the mixture in. Stand it in a saucepan of boiling water, covered over with a piece of paper, and steam for twenty minutes. Turn it carefully on to a hot dish, and it is ready for serving.

### TO BOIL EGGS HARD.

Put the eggs into boiling water, and boil steadily for fifteen minutes. Be sure that the eggs are well covered with the water, and that they do not stop boiling. Take them up, and place them in a basin of cold water until cold.



### VEAL SEASONING.

Quarter-pound of fine bread-crumbs.  
 Three ounces of suet.  
 One table-spoonful of chopped parsley.  
 One tea-spoonful of sweet herbs.  
 Two ounces of ham or bacon.  
 Quarter-tea-spoonful of grated lemon-rind.  
 One egg.  
 Pepper and salt.

Chop the suet and parsley very finely, and mix with the bread-crumbs and seasoning; mince the ham, and add that with the lemon-rind. Bind all together with an egg. The egg is not beaten, but dropped in and worked up with the seasoning.

### GERMAN PASTE.

Seven ounces of flour.  
 Four ounces of butter.  
 Four ounces of sifted sugar.  
 One egg.  
 Lemon-rind.

Sift the flour into a basin, add the sugar and lemon-rind, rub in the butter, beat up the egg, and mix into a stiff paste. This paste may be rolled out and cut into biscuits, or used as pastry.

### SALAD DRESSING.

Two eggs.  
 One tea-spoonful of brown sugar.  
 Two table-spoonfuls of salad oil.  
 Two table-spoonfuls of vinegar.  
 One dessert-spoonful of Harvey's sauce.  
 One gill of cream.  
 Salt and pepper and mustard to taste.

Boil the eggs hard, and pound them well in a mortar; put them into a basin with the mustard, pepper, salt, and sugar, and mix well; then add the oil gradually, and afterwards the vinegar and Harvey sauce, and when these are all thoroughly mixed, put in the cream. This dressing should be slowly and carefully made, and poured over the salad just before serving.

**MAÎTRE D'HÔTEL BUTTER.**

Two ounces of butter.  
Two tea-spoonfuls of chopped parsley.  
Half-tea-spoonful of lemon-juice.  
Cayenne or pepper to taste.

Chop the parsley very finely, mix it thoroughly with the butter, lemon-juice, and seasoning, then shape it into a small roll and cut as many rounds as may be required.

**APPLE WATER.**

Six apples.  
Two ounces of sugar.  
One lemon.

Peel and core the apples, put in the lemon-rind and juice, sprinkle over the sugar. Pour over these a quart of boiling water, cover over, and when it is cold strain. It is then ready.

**CORN-FLOUR.**

One ounce of corn-flour.  
Three-quarters-pint of milk.  
Sugar to taste.

Put the milk into a clean saucepan ; mix the corn-flour with a little cold milk to a smooth paste ; when the milk is nearly boiling pour this into it, and continue stirring ; let it boil for three or four minutes. Turn it out into a basin, and it is ready.

**GRUEL.**

Half-pint of milk.  
Half-pint of water.  
Two-and-a-half ounces of oatmeal.  
Sugar to taste.

Put the milk and water into a clean stewpan to boil ; mix the oatmeal with a little cold water to a smooth paste. When the milk and water nearly boils pour this in, and continue stirring. Gruel should boil for at least fifteen minutes, as oatmeal is indigestible and unwholesome unless well boiled.

**BEEF TEA.**

One pound of lean steak.  
One pint of water.  
Salt to taste.

Take a lean piece of steak, and scrape it the way of the grain with a sharp knife, or else put it twice through a sausage machine; place the meat thus prepared in the cold water, and let it remain three hours; then place it in a cool oven, and let it gradually come to the boil; cook it slowly for an hour, or until it tastes done, then add the salt. Let it stand until cold, then, if there is any fat on it, it can be removed easily; strain it, and make it hot as required.

**REFRESHING DRINK.**

Three ounces of rice.  
One quart of water.  
One ounce of sugar.  
One table-spoonful of flavouring.

Wash the rice thoroughly, and boil it well for an hour; strain away the water, sweeten and flavour with fruit or vanilla essence. When cold it is a nourishing and refreshing drink.

**RAW BEEF TEA.**

Half-pound of steak.  
Half-pint of water.  
Salt.

Take a piece of very lean steak, and scrape it with a sharp knife; put it into the cold water, with a little salt, and allow it to stand for two hours; then strain, and it is ready. This should only be made in small quantities, as it will soon turn sour.

**MUTTON BROTH.**

Two pounds of scrag of mutton.

One quart of water.

One ounce of rice.

Salt.

Thoroughly clean the mutton, cut it into small pieces, put it into cold water, and let it very gradually come to the boil ; add the salt, and strain well ; half a pint more water should then be added to allow for straining and boiling away. Let it boil steadily for three hours. Wash the rice, and add about one hour before the broth is cooked. Pour into a basin, and let it stand till cold ; the fat can then be removed. It may be served with finely-chopped parsley.


THE END.

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**National Training School for Cookery,**  
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**THE LESSONS ON COOKERY**  
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*THE ORDINARY COURSE OF INSTRUCTION IN THE SCHOOL,*  
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 FROM THE COURSE OF PRACTICE IN THE NATIONAL TRAINING SCHOOL.

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